

WHAT TO DO FOR “COLDS” AND UPPER RESPIRATORY PROBLEMS

- Use a humidifier to keep the humidity high, especially at night when you are sleeping.
- Drink at least 6-8 large glasses of water or other fluids per day to keep yourself well-hydrated.
- Get as much rest as you can.
- Keep warm
- Stop smoking!

IF YOU HAVE:

Sinus drainage or postnasal drip
Blocked sinuses, ears, or nose
Phlegm that is difficult to bring up
Persistent irritating cough

USE:

Antihistamine
Decongestant
Expectorant
Antitussive

DO NOT USE A NASAL SPRAY AS A DECONGESTANT

If you are coughing up yellow or greenish phlegm, we may want to prescribe an antibiotic.

It is best to keep your nasal passages open and dry when you are sleeping, and let them drain when you are able to cough up the phlegm during the day.

You may use a combination of these if you need them. You may use Tylenol for pain and headache if needed.

EXAMPLES

Robitussin/Robitussin DM - Expectorant and Antitussive/Expectorant

Sudafed - Decongestant

Cepacol/Halls throat lozenges - Anesthetic lozenges

Chloroseptic throat spray - Oral Anesthetic

If your cold lasts longer than a week, or your temperature reaches 101° or more, please contact the office. We may want to see you, before your next scheduled visit.

Important

Please remember, we do not recommend any medication be taken in pregnancy until after you are through the first trimester. If you have any questions or concerns, please feel free to call the office.