

BLOCK & NATION, P.A.
FAMILY PRACTICE

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Recommendations To Help You Through Your Current Illness

General Instructions:

- Be sure to drink lots of fluids to help stay well hydrated and flush out your system.
- Try soothing sore throats by gargling with warm water or warm salt water, eating ice chips, using sore throat sprays such as **Chloraseptic**, or with over-the-counter lozenges such as **Cepastat** , **Sucrets** or **Cepacol**.
- To help relieve sinus or chest congestion, help relieve coughing caused by irritated airways, to moisturize airways and loosen mucous: try running a vaporizer or humidifier in the room or sit in a steamed-up shower.
- For fevers and pain (such as headaches, achiness, & earaches):
 - try **Tylenol**.
 - try **Advil/Motrin** or another over-the-counter Ibuprofen (as long as it does not upset your stomach).
 - **Ibuprofen** and **Tylenol** work differently in the body and may be taken together at the same time in order to boost each other's effects if symptoms are severe.

For symptomatic relief of specific symptoms:

- For sinus and nasal congestion, pressure, and thick secretions try using a non-medicated salt water nasal spray such as **Ocean Spray** or **Ahr**. This is safe to use as often as you wish.
- For sinus congestion and pressure or chest congestion try **Sudafed Gel Caps** (or **Mucinex-D** brand) with the combination of pseudoephedrine and guaifenesin. This decongestant and expectorant combination helps open congested sinuses and airways, thins or loosens secretions in the sinuses or chest. This medication can have a caffeine-like effect and should not be taken at bedtime unless you are free of this effect. Alternatively, try plain **Mucinex** expectorant tablets if sensitive to decongestants.
- For coughing, try **Mucinex DM (a 12-hour pill)**. This is a non-drowsy cough suppressant and expectorant combination to help relieve coughing, congestion, and loosen mucous. Some people feel “fuzzy headed” at the full dosage, so try just 1 tab during the daytime and 1-2 tabs at bedtime.
- For a runny nose, sinus drainage, or mild to moderate nausea try **Benadryl** antihistamine capsules or tablets. **Benadryl** is sedating and should probably be limited to either bedtime use, or a day when you will just stay home and rest. If the full dose of two **Benadryl** pills is too strong or too drying, try one pill at a time.
- For generalized cold symptoms such as congestion and runny nose or sinus drip, and/or sneezing try an over-the-counter combination cold medicine. Use this if you are at home and sedation is not an issue. Good examples of these include **Comtrex**, **Dimetapp**, **Actifed**, **Nyquil**, etc. These would be **in place of** and not in addition to **Sudafed** or **Benadryl**.
- **Warning:** OTC Cold Medications are no longer recommended for children under 2 years of age (other than Tylenol or Ibuprofen or Nasal Saline flushes)