

## **TREATMENT FOR A COLD**

- o You should rest as much as possible.
- o Drink plenty of extra fluids.
- o Take Tylenol or any form of ibuprophen (Motrin, Advil or Nuprin-generic is OK) if you have a fever, chills, or a headache. The dosage for these medicines is 2 tablets, 3 or 4 times per day. Ibuprofen may irritate the stomach.
- o For congestion in the sinuses, take Sudafed (generic is OK) 30 mg, 2 tablets 3 or 4 times per day. (You will need to ask the pharmacist for the Sudafed “behind the counter”; the Sudafed on the shelves contains a different decongestant, which is less effective). Don't take it too close to bedtime because it may keep you awake. Sudafed may raise blood pressure.
- o For a cough take Robitussin DM 2 teaspoons every 4 hours as needed.
- o A saline nasal spray may be helpful if you have sinus congestion. This can be taken as often as needed.
- o Zinc lozenges may be helpful for general cold symptoms. Dissolve one in your mouth every 2-3 hours. Some people have some nausea with this - if that happens, then stop the zinc. Zinc **tablets** are not effective for cold symptoms.
- o Echinacea: capsule, tea, or tincture. May work well to take high dose as soon as cold symptoms begin (2-3 capsules every 2-3 hours).
- o Afrin nasal spray 2 sprays each nostril twice a day for **not more than** 3 days
- o Mucinex 2 tabs twice a day to thin the mucous.
- o You may need an antibiotic if you have:
  - been coughing up or blowing out colored mucous for more than 3-4 days
  - pain from your cheeks going to your teeth
  - fever for more than 2-3 days
  - a sore throat and a fever or have been exposed to strep
  - a dry cough for more than 5-7 days
  - wheezing or difficulty in breathing

(please call the office for an appointment or to speak with a doctor or nurse if you have any of these symptoms)