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STANDARD INITIAL TREATMENT OF A COLD

TO BE USED AT THE FIRST SIGNS OF A URI

1. Continue your anti-histamine daily.
2. Stop already prescribed nasal sprays for three days; then resume nasal spray.
3. Use Neo-synephrine Nasal Spray ¼%, two sprays each nostril 3 x daily for three days. Then Stop. (should be purchased in the office for \$5).
4. Use plain Robitussin two tsp. 3 x day for three days. Plain Mucinex may be substituted, 1 tablet 2 x daily for 3 days.
5. Use steam inhalation multiple times daily for three days.
6. Drink 2 quarts of fluid daily; avoid alcohol.
7. Get some rest
8. Avoid all strenuous exercise at least one week.
9. Do not use over-the-counter cold or flu medications.
10. If discolored mucus develops, call this office or family doctor.
11. Azithromycin (ZITHROMAX) (Z-PAC) DOES NOT WORK FOR RESPIRATORY TRACT ILLNESS. Do not accept it if you seek my care for this episode.
12. Continue to use all other prescribed medications, especially anti-asthmatic medications, sprays and nebulizer treatments
13. Steroid nasal and oral inhalers may be prescribed
14. Flu shots are to be received each year, by mid October, and Pneumovax or Prevnar vaccine should be received every 6 years. THIS APPLIES TO EVERYONE.

REMEMBER: WE PREFER TO HANDLE MINOR PROBLEM, IN TIMELY FASHION, RATHER THAN HAVING TO PLAY "CATCH-UP" OR HOSPITALIZING PATIENTS.

CHILDREN: Instructions are similar, but dosage may have to be changed. Especially important in children is adequate hydration. Call this office or pediatrician promptly.

George A. Sprecace 2/10/22