



Non-Antibiotic Recommendations For Bronchitis

You have been diagnosed with an illness caused by a virus. **Antibiotic treatment does NOT work for viral infections**, and if given, it may cause you harm. The prescription below will help you feel better while your body's own defenses are getting rid of the virus.

Patient name: _____ Date: _____

GENERAL INSTRUCTIONS:

- Rest
- Avoid alcohol, smoke and fumes
- Drink extra water and other liquids
- For congestion, use cool mist vaporizer, clean humidifier or saline nasal spray
- For sore throat, suck on ice chips or use over the counter sore throat spray or lozenges (older children and adults only)
- Use honey to relieve a cough (Do not give honey to an infant less than 1 year old)

SPECIFIC MEDICATIONS:

- For cough:** use a cough syrup with dextromethorphan (DM) or a benzonate (Tessalon Perles).
- For difficulties in coughing up thick mucus:** use an expectorant such as guaifenesin. Also, drink a lot of clear fluids to help alleviate this symptom.
- For sneezing or a runny nose or eye:** use an antihistamine such as diphenhydramine.
- For nasal stuffiness:** use a decongestant such as phenylephrine.
- For aches/pains that may accompany a viral infection:** you can use acetaminophen or ibuprofen.
- If you are wheezing,** you may need a prescription for an inhaler (beta agonist).
- Other _____

FOLLOW UP:

If you are not improved in _____ days, if new symptoms occur or if you have concerns, please call the office at _____ or return to the office for a re-check.

Additional instructions: _____

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These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the items on this list or their individual health should consult their physician.