

PEDI URI

Use humidifier in your bedroom. Sleep with head of bed elevated. Drink plenty of water. Take Zyrtec for runny nose and use Flonase nasal spray. Consider nasal suction. Use sore throat lozenges for your cough and sore throat. Continue your albuterol nebs every 4 hours. You can take your Pediatric cough medications over the counter as well. See Pediatrician tomorrow. We will continue oral steroids. Stop steroids if any abdominal pain or black or bloody stools. Start the steroids in the morning and do not take ibuprofen within 6 hours. Take steroids with food. Monitor your symptoms closely. Return any new or worsening symptoms including increased cough, shortness of breath, fever, or decreasing peak flow. Take Zofran for nausea and stay on bland diet. Continue Tylenol for discomfort. Monitor peak flow and increase frequency of nebs if decreasing.