

## **Viral Syndrome Treatment**

Antibiotics may have been given to you to prevent additional bacterial pneumonia, pharyngitis or sinus infections. But antibacterial antibiotics like Amoxicillin and Azithromycin will have no effect on viral infections. The best defense and treatment of viruses is over-the-counter medications in the form of zinc containing lozenges like ColdeEze and PLAIN Zicam (LOOK FOR ZINC OR ZICUM ON THE LABEL). Extra Vitamin C at least 1000 mg per day for adults but possibly as much as 5 grams (5000 mg) per day may be necessary. Take Vitamin C in increasing doses until diarrhea starts from the extra Vitamin C and cut back. Immune system support by sleeping and taking vitamins will also help your body to fight off the virus.

## Netty Pot Sinus Irrigation Instructions

### ***Rx note to Pharmacist:***

***Squeeze entire 22 gram tube of Bactroban (Mupirocin) OINTMENT (not cream) into 1 Liter of Normal Saline and shake vigorously for 2 minutes. The ointment will eventually dissolve. Consider this instruction also as a prescription for the 1 liter of Normal Saline. Use this solution (50 ml) in a Netty Pot once or twice a day for at least ten days. Do not swallow this solution in large amounts, (small amounts that get into mouth and throat and are harmless.)***

MD

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## Netty Pot Sinus Irrigation Instructions

Bactroban is a topical antibiotic that kills a wide variety of microorganisms, especially bacteria, including Strep and MRSA. This is a common topical solution treatment of the nasal mucosa used by ENT specialists for many years all over America for difficult sinus infections.

### **Ocean Spray Nasal Solution**

A smaller portable nasal spray may be formulated by squeezing a 3-inch ribbon of ointment out of the tube and into about 40 ml of Ocean Spray or other saline nasal spray products. Take the lid off the nasal spray and pry off the nasal tip to open the bottle. Replace the nasal tip and the cap and shake vigorously for a minute to dissolve the Bactroban (Mupirocin) ointment. Spray two or three times in each nostril three or four times a day and at bedtime for 10 days.

### **Before Using Netty Pot or Sinus Irrigation System**

Shower with hot steamy water; as hot as is comfortable. In the shower let the water flow across your nose and face; snort, snot, blow your nose without touching it, and generally be disgusting, to evacuate all the sinuses. The free flow of air out the nostrils acts as a venture tube, pulling suction on the small sinus openings called "ostea" that drain into the sides of the nasal passages. Also by having your tongue perform glottic suction of the posterior oropharynx you can draw out thick mucous from the sinuses into the back of your throat to spit out. Then use 50 ml of Bactroban-Netty-Pot solution to irrigate your sinuses daily or twice daily for at least 10 days.

[www.HyssopHealth.com](http://www.HyssopHealth.com)

At this website order one spray bottle Item # HH0001B - 4oz. Price: \$45.00 hyssop product. It should last nearly a year for treatments of many other things besides sinusitis. Hyssop Health is oil of *Origanum vulgare* (oregano oil). The powerful phytoelements of *origanum vulgare* are encapsulated and enhanced by Lyphazome nanosphere technology to create a 9 micron water soluble sphere. This formulation permits the oil of oregano to penetrate much deeper into tissues and skin than ordinary oil of oregano preparations.

## **NVD SHEET**

### **Rice Water for Diarrhea**

Cook 1 cup of real rice (NOT Minute Rice or Uncle Bens) in 3 cups of water. Pour off the cloudy water and let cool. Season to taste with salt or sugar as needed, but this is not necessary for treatment. **Drink ONLY the rice water for 12 to 24 hours.** This will stop most common diarrhea and is used successfully all over the world in countries with many diarrheal illnesses. **BRAT** diet: **B**ananas **R**ice **A**pples and **T**ea or **T**oast also would be next. Advance food gradually beginning with rice and potatoes with dairy last.

### **Treatment for Vomiting**

Take nothing by mouth for at least 8 hours. Then only sips of clear fluids for 12 hours. Clear fluids include pop or soft drinks, Pedialyte, Gatorade, and water. Newsprint can be read through a glass of clear fluids. This excludes any: milk, orange juice, many soups, etc. Clear fluids must not contain alcohol. Pizza, hot dogs and hamburgers are NOT clear fluids. After 8 hours of nothing by mouth and 12 hours of sips of clear fluids you may try to advance your diet to soups, then rice, potatoes, chicken, lamb, fish, followed by beef and finally dairy products. Return to the ER or seek immediate medical care if any signs of dehydration appear. Signs of dehydration include: dry lips and dry tongue, poor skin fullness, lack of tears and dark infrequent urine.

### **Treatment for Constipation**

Walk or swim or wade as much as possible. Drink plenty of water, avoid dairy. Avoid tea etc.

Take additional vitamin C up to a gram daily for adults less than 300mg for infants to start with and adjust until diarrhea appears or stools become too loose. Take magnesium/calcium or just magnesium supplements being cautious not to overdo it and cut back if diarrhea starts.

High fiber diet: whole wheat, bran, fruits like plums, grapes, prunes, raisins, peaches, mangos, apricots, whole potatoes including the skin etc.

**(NOT high fiber:** (low fiber constipating foods): apples, bananas, white bread, rice, cheese, cake, puddings, pies, pastry, doughnuts, pizza, spaghetti, lasagna, pasta.)

**Pediatric Common Medication Dose Chart IRACH, 5 June 2011**

<b>Medication</b>	<b>Average Dose</b>	<b>7 kg (15lbs) 6-11 mos.</b>	<b>10 kg (22lbs) 12-23 mos.</b>	<b>15 kg (33lbs) 2-3 years</b>	<b>20 kg (44lbs) 4-5 years</b>	<b>25 kg (55lbs) 6-8 years</b>	<b>30 kg (66lbs) 9-10 years</b>
Ibuprofen (Motrin) 100mg/5ml	10 mg/kg q 6h	3.5 ml q6hr	5 ml q6hr	7.5 ml q6hr	10 ml q6hr	12.5 ml q6hr	15 ml q6hr
Acetaminophen (Tylenol) 160mg/5ml 80 mg/o.8 ml	10-15 mg/kg Q4-6h Max 5 doses/24h	80 mg q4-6hr	120 mg q4-6hr	160 mg q4-6hr	240 mg q4-6hr	320 mg q4-6hr	400 mg q4-6hr
Acetaminophen/ Codeine 120mg/12mg/5ml	0.5-1 mg/ kg q 4-6 hrs	1.5 ml tid-qid	2.5 ml tid-qid	3.75 ml tid-qid	5 ml tid-qid	7.5 ml tid-qid	10 ml tid-qid
Amoxicillin 250mg/5ml 20-50mg/kg/day divided q8hrs	(90mg/kg/day acute Otitis Max)	114 mg q8h (2.3 ml) 50 mg/kg/d	167 mg q8h (3.3 ml) 50 mg/kg/d	250 mg (5 ml) 50 mg/kg/d	333 mg (6.7 ml) 50 mg/kg/d	417 mg (8.3 ml) 50 mg/kg/d	500 mg (10 ml) 50mg/kg/d
Augmentin 400mg Amoxicillin 62.5mg Clav.A/5ml Based on Amoxicillin	<40 kg 20-40 mg/ day (dividedq8hr) 25-45 mg/kg/day Divided Q 12 hrs	153 mg (1.9ml) q12h or 93 mg (1.2ml) q8h	225 mg (2.8ml) q12h or 133mg (1.7ml) q8h	338 mg (4.2ml) q12h or 200mg (2.5ml) q8h	450 mg (5.6ml) q12h or 267mg (3.3ml) q8h	563 mg (7ml) q12h or 333mg (4.2ml) q8h	675 mg (8.4ml) q12h or 400mg (5ml) q8h
Augmentin 500mg Amoxicillin 42.9mg Clav.A/5ml	80-90 mg/kg/day (q 12 hr based on Amoxicillin)	315 mg (2.6ml) q12h	450 mg (3.75ml) q12h	675 mg (5.5ml) q12h	900 mg (7.5ml) q12h	1125 mg (9.4ml) q12h	1350 mg (11.25ml) q12h
Azithromycin 200mg/5ml (Zithromax)	Day 1: 10mg/kg Days 2-5: 5mg/kg (<6mos Pertussis only 10mg/kg/day)	Day 1 1.75 ml Days 2-5 0.9 ml qd	Day 1 2.5 ml Days 2-5 1.25 ml qd	Day 1 3.75 ml Days 2-5 1.9 ml qd	Day 1 5 ml Days 2-5 2.5 ml qd	Day 1 6.25 ml Days 2-5 3 ml qd	Day 1 7.5 ml Days 2-5 3.75 ml qd
Cefprozil 250mg/5ml (Cefzil)	15mg/kg Q12h (Max 1gm/day)	105 mg (2.1 ml) q12h	150 mg (3 ml) q12h	225 mg (4.5 ml)q12h	300mg (6 ml) q12h	375 mg (7.5 ml)q12h	450mg (9 ml)q12h
Cephalexin (Keflex) 250mg/5ml	25-50mg/kg/day Q8hr (Max 4g/d)	1 ml - 1.75ml q6h	1.25ml-2.5ml q6h	2ml-3.75ml q6h	2.5ml-5ml q6h	3.2ml-6.25ml q6h	3.75ml-7.5ml q6h
Penicillin VK 250/5ml	50mg/kg/day Q6hr	87 mg (1.8ml) q6h	125 mg (2.5ml) q6h	200 mg (4ml) q6h	250 mg (5ml) q6h	250 mg (5ml) q6h	250 mg (5ml) q6h
Pediazole Sulfisozazole 500 mg EES200mg/5mg	40-50mg EES/kg/d Q6-8h Not for <2 mos old	2ml q6h	2.5ml q6h	3.75ml q6h	5ml q6h	6.25ml q6h	7.5ml q6h
Sulfamethoxazol 200mg Trimethoprim 40mg Per 5ml (Septra)	4mg/kg q12h (Based on TMP) Not for <2 mos old	3.5 ml q12h	5 ml q12h	7.5 ml q12h	10 ml q12h	12.5 ml q12h	15 ml q12h
Diphenhydramine 12.5mg/5ml Benadryl	1mg/kg/d Q6-8h	3.5 ml q6-8hr	5 ml q6-8hr	5-10 ml q6-8hr	5-10 ml q6-8hr	10-20 ml q6-8hr	10-20 ml q6-8hr
Hydroxyzine 10mg/5ml (Atarax)	2mg/kg/day Q 6-8hr	1.8 ml q6h	2.5 ml q6h	4 ml q6h	5 ml q6h	7.5 ml q6h	9 ml q6h
Guaifenesin (Robitussin)100mg/5ml	<2y: 12mg/kg/day 2-5y:50-100mg q4h 6-11y:100-200mg q4h	0.7 ml q4h	1 ml q4h	2.5-5 ml q4h	2.5-5 ml q4h	5-10 ml q4h	5-10 ml q4h
Guaifenesin/ Dextromethorphan 100mg/10mg/5ml	1-2mg/kg/day q6-8h (Based on DM)	1.25 ml q6h	1.25 ml q6h	2.5 ml q6h	2.5 ml q6h	5 ml q6h	5 ml q6h
Pseudoephedrin 30mg/5ml (Sudafed)	1mg/kg/q8hr	1 ml q6h	1.6 ml q6h	2.5 ml q6h	2.5 ml q6h	5 ml q6h	5 ml q6h
Certrazine 5mg/5ml (Zyrtec)	>6mos-Adult 2.5-10mg/day	2.5 mg/day	2.5 mg/day	2.5-5mg/day	2.5-5mg/day	5-10 mg/day	5-10 mg/d
Chlorpheniramine 2mg/5ml	0.35mg/kg/day Divided q6hrs	1 ml-1.75 ml q6h	1.25 ml q6h	2 ml-3.75 ml q6h	2.5ml-5 ml q6h	3.2ml-6.25ml q6h	5 ml q6h
Loratadine 5mg/5ml (Claritin)	2-5yr 5mg qd >5yr 10mg qd	NOT <2y	NOT <2y	5 ml qd	5 ml qd	10 ml qd	10 ml qd
Cimetidine 300mg/5ml (Tagamet)	Infants:10- 20mg/kg/d q6-12h Children: 20-40mg/kg/d q6h	70-140mg/d (1.16-2.3ml) divided doses q6-12h	100-200mg/d (1.16-2.3ml) divided doses q6-12h	300-600mg/d (5ml-10ml) divided doses q6-12h	400-800 (6.6ml-13ml) divided doses q6-12h	500-1000 (8.3-16.5ml) divided doses q6-12h	600-1200mg/d (10ml-20ml) divided doses q6-12h
Ranitidine 15mg/ml (Zantac Oral Liquid)	2 to 4 mg/kg/day	0.9-1.8 ml qd	1.3-2.8 ml qd	2-4 ml qd	2.6-5.3 ml qd	3.3-6.6 ml qd	4-8 ml qd
Erythromycin Ethylsuccinate (EES) 200mg/5ml	30-50mg/kg/day Divided Q 6-8 hrs	70 mg (1.75 ml) q6h	100 mg (2.5 ml) q6h	150 mg (3.75 ml) q6h	200 mg (5 ml) q6h	250 mg (6.25 ml) q6h	300 mg (7.5 ml) q6h
Ferrous Sulfate Drops 125mg/ml (25mg Fe)	1-6 mg/kg/day Dividedq12 hrs	0.6 ml q12h	0.6 ml q12h	0.9 ml q12h	1.2 ml q12h	1.5 ml q12h	1.8 ml q12h
Griseofulvin 125mg/5ml	10-20 mg/kg/day	NO T<1yr	6 ml qd	9 ml qd	12 ml qd	15 ml qd	18 ml qd