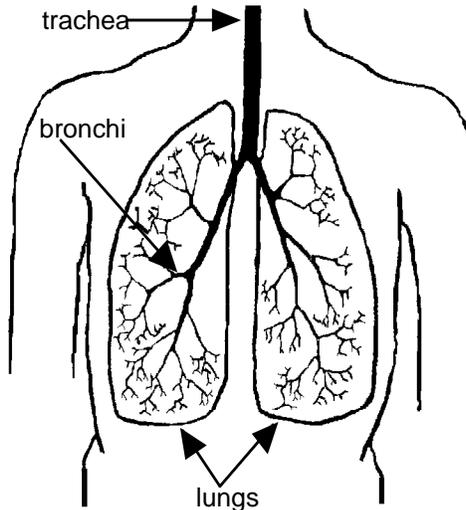


## INSTRUCTION SHEET: BRONCHITIS

The Student Health Provider has diagnosed bronchitis, an infection in your bronchi (breathing tubes). Bronchi spread like branches of a tree into the lungs (see diagram). When you breathe, air passes through the bronchi into the lungs.



Infection causes irritation and swelling of the bronchial lining, along with increased phlegm production; Cough, often with production of sputum, results. Spasm of the bronchial tubes can cause wheezing. Fever and mild sore throat can also result from the infection.

Germs (both viruses and bacteria) cause bronchitis. Viral infections are very common, usually milder, and clear with time; viral infections do not respond to antibiotics. Bacterial infections are infrequent; they generally cause a more severe infection; bacterial infections are sometimes treated with antibiotics, but several days may pass before symptoms improve.

### MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR BRONCHITIS:

1. Rest at home. Allow your body time to recuperate.
2. Drink plenty of fluids.
3. If an antibiotic is prescribed (will not be routinely), take the medicine as directed, until gone.
4. Over-the-counter cough medicines containing dextromethorphan (usually labeled DM) can help control cough, and do not cause sedation. If a stronger cough medicine is prescribed, it may cause sedation; do not take the prescription cough medicine and perform dangerous activity such as driving or operating machinery.
5. If you smoke, **STOP!** — *permanently!* Smokers get bronchitis more often and take longer to get over the infections.
6. Should your condition worsen, or if you have any concerns about your condition, return to the Student Health Center or see another medical provider *promptly*.