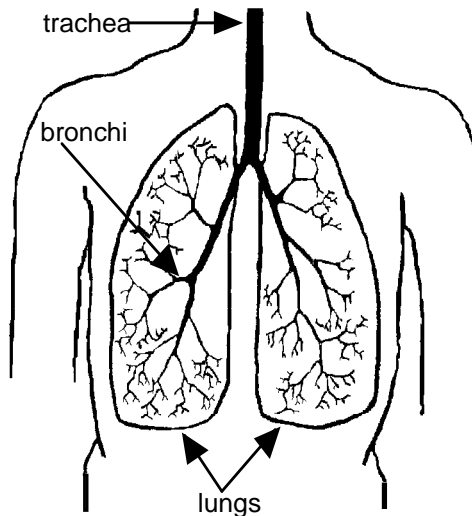




# Student Health Center UNC Wilmington

## 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 of the bronchial lining, along with increased phlegm production; Cough, often with production of foul sputum, results. Spasm of the bronchial tubes can cause wheezing. Fever can also result from the infection.

Germ (both bacteria and viruses) cause bronchitis. Viral infections are usually milder, and clear with time; viral infections do not respond to antibiotics. Bacterial infections generally cause a more severe infection; bacterial infections are often 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, 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!
- 6- Make a follow-up appointment as directed within the next week. Should your condition worsen, see your personal doctor or return to the Student Health Center promptly.