

AFTER VISIT SUMMARY

Albert A. Elmore MRN: 35588071

7/18/2023 1:00 PM Specialty Center 3931 Pulmonary Medicine 952-993-3242

Instructions from Amanda J Calvin, MD

Your personalized instructions can be found at the end of this document.



Your medications have changed today

See your updated medication list for details.



Pick up these medications at **WALGREENS DRUG STORE #16057 - MINNEAPOLIS, MN - 5428 LYNDAL AVE S AT SWC OF LYNDAL & 54TH**

budesonide-formoterol

Address: 5428 LYNDAL AVE S, MINNEAPOLIS MN 55419-1718

Phone: 612-824-1121

Today's Visit

You saw Amanda J Calvin, MD on Tuesday July 18, 2023 for: CONSULT.



BMI
21.41



Weight
145 lb



Height
5' 9"



Pulse
51



Oxygen Saturation
98%

Make your next appointment online:

Make your next appointment online:

You can now make many appointments online at healthpartners.com/schedule. Quickly search available doctors, locations and times. In-person and video visits are available for everyday care, urgent care and specialty care.

To make appointments even faster, just sign in to your online account – you can easily schedule with a doctor or clinician you've seen before. Don't have an online account? Create yours today at healthpartners.com/signupnow.

Online Patient Services: Secure Online Access to Your Medical Records

Did you know that a secure copy of your visit summary is available online? It looks like you have an account to view your medical record on our website already!

You can view this summary of your visit, see your test results, and much more by logging into <http://www.healthpartners.com> with your secure username and password.

If you have questions about the website or about accessing your account, the Website Support team is here to help between 8 am and 5 pm Monday through Friday. They are available by clicking the Contact Us link on the website or by phone at 952-853-8888.

Viewing your test results

For any tests ordered or completed today, you'll see results in your HealthPartners online account as soon as they're available. You may see your test results before your doctor or clinician does – we'll contact you if we need to discuss your results or any next steps in your care.

Your Medication List as of July 18, 2023 1:50 PM

ⓘ Always use your most recent med list. Please let us know if anything is missing or incorrect including supplements or other medications. Please call your pharmacy at least 5 days before you need a refill to allow time for them to contact us.



START

budesonide-formoterol 160-4.5 MCG/ACT inhaler Inhale 2 Puffs two times a day. Rinse mouth/gargle after use.
Commonly known as: SYMBICORT
Started by: Amanda J Calvin, MD

Instructions from Amanda J Calvin, MD

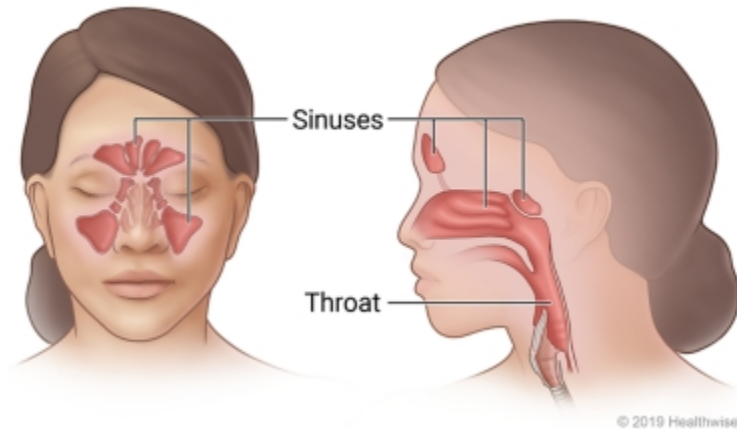
Saline Nasal Washes: Care Instructions

Use netipot/neilmed 1-2 times per day for six weeks.

Use distilled water or tap water that has boiled and cooled off to room temperature

Lean into the sink and tilt your head. Try not to look up at the mirror because this can let the water trickle down your throat and trigger your gag reflex

Overview



Saline nasal washes help keep the nasal passages open by washing out thick or dried mucus. This simple remedy can help relieve symptoms of allergies, sinusitis, and colds. It also can make the nose feel more comfortable by keeping the mucous membranes moist. You may notice a little burning sensation in your nose the first few times you use the solution, but this usually gets better in a few days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- You can buy premixed saline solution in a squeeze bottle or other sinus rinse products at a drugstore. Read and follow the instructions on the label.
- You also can make your own saline solution by adding 1 teaspoon of non-iodized salt and 1 teaspoon of baking soda to 2 cups of distilled or boiled and cooled water.
- If you use a homemade solution, use a squeeze bottle or neti pot to get the solution into your nose. Room temperature or slightly warmed water may be more comfortable. Make sure it isn't hot.
- Stand over the sink with your head tilted forward and slightly to one side. Put only the tip of the syringe or squeeze bottle into the nostril that is farther away from the sink. (The nostril closest to the sink will drain the fluid.) Gently squirt the solution into the nostril and toward the back of your head with your mouth open. The solution should flow out the other nostril. Repeat on the other side. Some sneezing and gagging are normal at first.
- Gently blow your nose.
- Clean the syringe or bottle after each use.
- Repeat this 2 or 3 times a day.
- Use nasal washes gently if you have nosebleeds often.

When should you call for help?



Watch closely for changes in your health, and be sure to contact your doctor if:

- Your symptoms do not get better.
- You have problems doing the nasal washes.

Where can you learn more?

1. Go to <https://www.healthpartners.com/healthlibrary>.

2. Enter **B784** in the search box.

Current as of: September 8, 2021

Content Version: 13.2

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Using a Nasal Steroid Spray: Care Instructions

Your Care Instructions

About 5 min after the rinse, do 1-2 puffs per nostril of flonase. Once a day.

This can be drying, so if you get a nosebleed, it's probably from this, so take a few days off then go back to 1 puff per nostril or every other day

Point the flonase towards the center part of your ear



Your doctor may suggest using a corticosteroid nasal spray for your allergy symptoms or sinus problems.

These sprays reduce the swelling inside the nose and sinuses. Unlike decongestant nasal sprays, steroid sprays won't lead to more swelling when you stop taking them.

These sprays start working in a few days, but it may take several weeks before you get the full effect.

Most side effects are minor. The most common complaint is a burning feeling in the nose right after the spray is used.

Some people get nosebleeds.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

Here are some tips for using these sprays:

- You may need to prime the sprayer before you use it. This means spraying it into the air a few times to make sure you get the right amount of medicine. Follow the directions on the label.
- Blow your nose before you spray. This will help clear out your nostrils.
- Gently sniff the medicine into your nose as you spray. Don't snort, or the medicine will go all the way into your throat where it won't do much good.
- Aim the nozzle straight toward the outer wall of your nostril. This will help keep the medicine from irritating the inner walls of your nose, especially your septum (the wall that separates your left and right nostrils).
- Don't blow your nose for 10 minutes or so after you spray. And try not to sneeze.
- Be safe with medicines. Use this medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.

- Clean your sprayer once a week. Read the label to learn how.

When should you call for help?



Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

Where can you learn more?

1. Go to <https://www.healthpartners.com/healthlibrary>.

2. Enter **L669** in the search box.

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