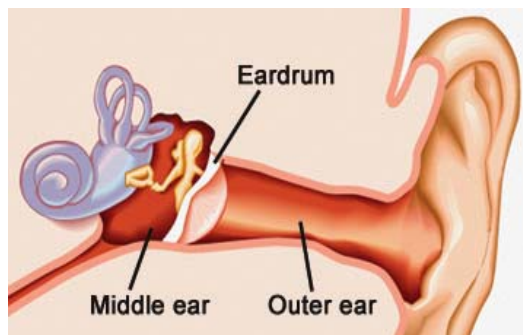


## Discharge Instructions

### MIDDLE EAR INFECTION

Your child has an infection of the middle ear (the space behind the eardrum). It can occur as a result of the common cold. This is because congestion can block the internal passage ("Eustachian Tube") that drains fluid from the middle ear. When the middle ear fills with fluid, bacteria can grow there, causing an infection. Antibiotics are used to treat this illness. Improvement usually begins within 1-2 days of treatment.

[Abx tx, Child]



#### **HOME CARE:**

- 1) **FLUIDS:** Fever increases water loss from the body. For infants under 1 year old, continue regular formula or breast feedings. Between feedings give Oral Rehydration Solution such as Pedialyte or Rehydralyte (from grocery and drug stores). For children over 1 year old, give plenty of fluids like water, juice, 7-Up, ginger-ale, Kool-Aid or popsicles.
- 2) **EATING:** If your child doesn't want to eat solid foods, it's okay for a few days, as long as she/he drinks lots of fluid.
- 3) **REST:** Keep children with fever at home resting or playing quietly. Your child may return to day care or school when the fever is gone and she/he is eating well and feeling better.
- 4) **FEVER & PAIN:** Your child may use acetaminophen (Tylenol) to control pain. In children over 6 months, you can use ibuprofen (Children's Motrin) instead of Tylenol. **[NOTE:** If your child has chronic liver or kidney disease or ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines. Aspirin should never be used in anyone under 18 years of age who is ill with a fever. It may cause severe liver damage.)
- 5) **EAR DROPS:** Pain relieving ear drops may be prescribed. These should be used every 2 hours as needed for ear pain. If you were not given a prescription for these ear drops and if ibuprofen alone is not controlling pain, contact your doctor.
- 6) **ANTIBIOTICS:** Finish all of the antibiotic medicine prescribed, even though your child may feel better after the first few days.

**FOLLOW UP:** Sometimes, the infection does not respond fully to the first antibiotic. A different medicine may be needed. Therefore, make an appointment to have the ears rechecked in two weeks to be certain the infection has cleared.

**RETURN PROMPTLY** or contact your doctor if any of the following occur:

- Symptoms get worse or do not start to improve after two days of treatment
- Fever reaches 105.0°F (40.5° C) rectal, or 104.0°F (40.0° C) oral, not relieved by Tylenol or Motrin
- Unusual fussiness, drowsiness or confusion
- No wet diapers for 8 hours, no tears when crying or dry mouth
- Headache, neck pain or stiff neck
- New rash appears
- Frequent diarrhea or vomiting
- Fluid or bloody drainage from the ear
- Convulsion (seizure)