







# Recovery From Pneumonia

Call 911 if you have chest pain that worries or concerns you.

<p><b>Do Not Use Tobacco</b></p> 	<p><b>Medicines</b></p> 	<p><b>Activity</b></p> 	<p><b>Food and Beverages</b></p> 	<p><b>Follow-up Appointment</b></p> 
<ul style="list-style-type: none"> <li>■ Using any form of tobacco, including electronic nicotine delivery systems, makes it harder for your body to recover from pneumonia.</li> <li>■ If you need help quitting, talk with your doctor, visit <a href="http://smokefree.gov">smokefree.gov</a>, or call the tobacco intervention program at:             <ul style="list-style-type: none"> <li>— Abbott Northwestern Hospital (612-863-1648)</li> <li>— Mercy Hospital (763-236-8008)</li> <li>— River Falls Area Hospital (715-307-6075).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Have your prescription(s) filled the same day you leave the hospital.</li> <li>■ Take your medicine(s) as directed.</li> <li>■ Complete your prescription for antibiotics. Take them until they are gone, even if you feel better. If you don't finish your prescription, you are at risk for getting pneumonia again.</li> <li>■ Call your health care provider right away if you have side effects from your antibiotics you can't tolerate. Don't stop taking them on your own.</li> </ul>	<ul style="list-style-type: none"> <li>■ Get up and out of bed. Your lungs can expand fully when you are standing. This will help you breathe easier and help you get better faster.</li> <li>■ Slowly increase your activity. Your lungs need time to heal.</li> <li>■ Limit activities that increase coughing or cause you to be short of breath.</li> <li>■ To "exercise" your lungs, take deep breaths and cough 5 to 6 times every hour while you are awake. Take a deep breath and hold it as long as you can. Push the air out of your lungs with a deep, strong cough.</li> </ul>	<ul style="list-style-type: none"> <li>■ Drink plenty of liquids. Drink 6 to 8 glasses a day. Liquids will help thin your mucus, which may make it easier for you to cough it up.</li> <li>■ Follow your doctor's directions if you have a fluid restrictions.</li> <li>■ Do not drink alcohol while you are being treated.</li> </ul> <p style="text-align: right;"></p>	<ul style="list-style-type: none"> <li>■ Make an appointment with your regular doctor 3 to 5 days after you leave the hospital.</li> <li>■ It is important to go to this visit even if you feel better.</li> </ul> <p style="text-align: center;"><b>Call Your Health Care Provider if You:</b></p> <ul style="list-style-type: none"> <li>■ have increased shortness of breath that is worse than it was during your hospital stay</li> <li>■ have watery diarrhea (at least 3 bowel movements a day for up to 2 days)</li> <li>■ develop a rash or have side effects you can't tolerate.</li> </ul> <p style="text-align: right;"><b>(over)</b></p>

# Care After Pneumonia

## General Information

Pneumonia is an infection or inflammation of the lungs. Germs, such as bacteria, virus and fungus, cause pneumonia. Pneumonia sometimes follows a cold and settles into the lungs. Pneumonia will get better with lots of rest. Bacterial pneumonia can be cured with antibiotics (medicine).

## Activity

- Get out of bed. Your lungs can expand fully when you are standing or sitting. This will help you breathe easier and get better faster.
- Slowly increase your activity. Your lungs will need time to heal.
- Take deep breaths and cough 5 to 6 times every hour while you are awake. When you take deep breaths, hold your breath for two to three seconds. Push the air out with a deep, strong cough.

## Do Not Use Tobacco

- Using any form of tobacco, including electronic nicotine delivery systems, makes it harder for your body to recover from pneumonia.
- If you need help quitting, talk with your doctor, visit [smokefree.gov](http://smokefree.gov), or call the tobacco intervention program at:
  - Abbott Northwestern Hospital (612-863-1648)
  - Mercy Hospital (763-236-8008)
  - River Falls Area Hospital (715-307-6075).

## Medicines

- Have your prescription(s) filled the same day you leave the hospital.
- Take your medicine(s) as directed.
- Complete your antibiotics. Take them as prescribed until they are gone, even if you feel better. If you don't finish

your prescription, you are at risk for getting pneumonia again.

- Call your health care provider right away if you have side effects from your antibiotics you can't tolerate. Don't stop taking them on your own.
- If you do not finish taking all of your antibiotics, you are at risk for getting pneumonia again.

## Food and Beverages

- Drink at least 6 to 8 glasses of liquids a day. (Water is a good choice.) This will help thin the mucus which may make coughing it up easier. Follow your doctor's directions if you have a special fluid restriction.
- Do not drink alcohol.

## Follow-up Appointment

Please schedule an appointment with your regular health care provider 3 to 5 days after your hospital stay.

It is important to keep this appointment even if you are feeling better.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have increased shortness of breath that is worse than it was during your hospital stay
- have watery diarrhea (at least 3 bowel movements a day for up to 2 days)
- develop a rash or have side effects you can't tolerate.

## When To Call 911

**Call 911 if you have chest pain that worries or concerns you.**