

Recovery From Pneumonia

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

<p>Do Not Use Tobacco</p> 	<p>Medicines</p> 	<p>Activity</p> 	<p>Food and Beverages</p> 	<p>Follow-up Appointment</p> 
<ul style="list-style-type: none"> ■ 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 or: <ul style="list-style-type: none"> — Quit Partner <ul style="list-style-type: none"> • 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com — online tobacco cessation support <ul style="list-style-type: none"> • smokefree.gov 	<ul style="list-style-type: none"> ■ Have your prescription(s) filled the same day you leave the hospital. ■ Take your medicine(s) as directed. ■ 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. ■ 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. 	<ul style="list-style-type: none"> ■ 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. ■ Slowly increase your activity. Your lungs need time to heal. ■ Limit activities that increase coughing or cause you to be short of breath. ■ 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. 	<ul style="list-style-type: none"> ■ 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. ■ Follow your doctor's directions if you have a fluid restrictions. ■ Do not drink alcohol while you are being treated. <p style="text-align: center;">  allinahealth.org </p>	<ul style="list-style-type: none"> ■ Make an appointment with your regular doctor 3 to 5 days after you leave the hospital. ■ It is important to go to this visit even if you feel better. <p style="text-align: center;">Call Your Health Care Provider if You:</p> <ul style="list-style-type: none"> ■ 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. <p style="text-align: right;">(over)</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 or:
 - Quit Partner
 - 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
 - online tobacco cessation support
 - smokefree.gov.

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.