

Department of Pediatrics

STREP TEST INSTRUCTIONS

The throat test just taken is to determine if your sore throat is due to a bacteria called “streptococcus”, referred to as “STREP THROAT”. There is a new, very reliable test for strep that requires only 24 hours to complete. All strep test results are carefully tracked on our computer system. If the test confirms that your sore throat is due to the streptococcus germ, you will receive a telephone call within 24 hours informing you of the diagnosis of “STREP THROAT”, and giving you further instructions about treatment. A prescription for an antibiotic will be phoned in to a pharmacy of your choice. Please allow three to four hours after the call before coming to the pharmacy to pick up the medication. You may call the pharmacy at 1-888-486-5444 to make sure that the prescription is ready. You are considered no longer contagious after completing 24 hours of antibiotics.

REMEMBER: When on antibiotics, the full prescription must be taken as directed until gone, even though you begin to feel better. Never treat yourself or anyone else with leftover antibiotics.

If your sore throat is caused by germs other than the streptococcus, we **do not contact you**. About 90% of sore throats are caused by viruses, which do not respond to antibiotics and will go away on their own. Should you remain sick for more than 5 days, or get sicker with severe difficulty swallowing, please call for advice or an appointment with your doctor.



In the meantime, please follow these instructions:

Throat lozenges (e.g., Chloraseptic, N’Ice) or hard candy, sprays (e.g., Chloraseptic), gargling with warm salt water (1/2 teaspoon salt in 8 ounces of warm water), popsicles, KoolPops, ice chips, and additional cold clear liquids will help relieve the discomfort.

If swallowing is difficult, offer a soft diet like jello, pudding, or ice cream.

Acetaminophen (e.g., Tylenol) or Ibuprofen (e.g. Motrin) will reduce fever and discomfort.

OTHER RESPIRATORY TRACT SYMPTOMS MAY ACCOMPANY A SORE THROAT.

You may:

- Take a decongestant as needed for congestion (nasal, sinus or ear).
- Take cough syrup (e.g., Robitussin DM) as needed for cough.
- Use a humidifier or vaporizer (containing only water) to loosen secretions.
- Elevate the head of the bed to promote drainage.
- Increase the amount of liquids consumed (1 to 2 quarts daily).

