

Surviving Colds Flu and Allergies after Bariatric Surgery

Take these medications when needed:

- Tylenol® 650-1000mg every 4 to 6 hours as needed for body aches and fever
- Sudafed® 30 mg – 1 tablet every 4 to 6 hours as needed for congestion
- Sudafed PE Quick Dissolve Strips® – 1 strip every 4 to 6 hours as needed for congestion
- Tylenol Cold Multi-Symptom E-Z Tabs®
 - Available in regular or extra strength
 - Day and night formulations; combo pack available
- Any sugar-free cough medicine, such as Robitussin®
- Any sugar-free cough drops or lozenges
- Cepacol® spray or lozenges for sore throat
- Mucinex Mini-Melts® for chest congestion
- Tamiflu® for flu treatment
 - Available in liquid or capsules
- Imodium® as needed for diarrhea
- Claritin® or Zyrtec® for allergy symptoms

Antibiotics:

Share this list with your family doctor if they feel an antibiotic is needed. Bariatric surgery patients are not limited to these antibiotics.

- Amoxil® – chewable tablets and liquid available
- Omnicef® – liquid available
- Augmentin® – liquid and chewable tablets available
- Biaxin® – liquid available

Extended-release antibiotics may be used but may not be fully absorbed after gastric bypass or duodenal switch. Therefore, it is important to monitor your symptoms.

- Z-Pack® – liquid available
- Levaquin® – liquid available
- Avelox®

Nutrition Tips During Illness:

- Avoid dairy products with post-nasal drip as they may thicken secretions
- Maintain hydration, especially with clear liquids
- Sip on peppermint, ginger or chamomile teas
- Maintain protein intake
- Maintain diet as tolerated