AIR TRAVEL INSTRUCTIONS FOR PERSONS WITH EUSTACHIAN TUBE PROBLEMS OR MIDDLE EAR EFFUSION

**MEDICATIONS:**

SUDAFED 30MG
AFRIN NASAL SPRAY

*Use each of the above medications one (1) hour prior to first destination.*
*Repeat every four (4) hours while flying.*

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*Stop medications when you reach your destination.*
*Repeat treatment on the return trip.*

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*Other helpful hints include chewing gum, avoid sedating drugs and alcohol.*