

MFM's Coronavirus (COVID-19) Treatment Regimen

Medications: (as checked—All prescriptions sent to Beaker Pharmacy)

- Hydroxychloroquine (Plaquenil): 200mg tabs. Take 2 tabs orally twice daily x 1 day, then 1 tab orally twice daily x 6 days. After that, take 1 tab weekly to help prevent recurrence (separate rx and see Prophylaxis Regimen)
- Azithromycin (Zithromax): 250mg tabs. Take 2 tabs orally once daily for 1 day, then 1 tab orally once daily for 9 more days.
- Budesonide (Pulmicort): One vial nebulized 4 times daily for 10 days, and then 2 times daily until gone.
- Methylprednisolone (Medrol Dose Pack): As directed for 7 days.
- Losartan (Cozaar): 25mg tabs. Take 1 tab orally twice daily for 10 days. (If have history of low blood pressure or start getting dizzy when you stand up: try taking 1/2 tab orally twice daily for 10 days and increase fluids).
- Ivermectin: 3mg tabs. Take 4 pills orally twice daily for 5 days.
- Clonazepam (Klonopin): 0.5mg tab. Take ½ to 1 tab twice daily as needed for anxiety (sedating).
- Hydroxyzine (Atarax): 25mg tab. Take ½ to 1 tab four times daily as needed for anxiety (sedating).
- Promethazine w/ Codeine Cough Syrup: Take 1 tsp four times daily as needed for cough (sedating).

→If needed, it is fine to take Tylenol and Aleve/Advil. If currently taking Vitamin C or Elderberry, continue them.

Supplements: (as checked—All are stocked at Beaker Pharmacy)

- Zinc: Take a total of 100mg orally daily for 10 days, then decrease to 50mg daily. May split the dosage AM/PM.
- Aspirin: 325mg tab. Take 1 tab orally once daily with food for ten days.
- Aspirin: 81mg tab. Take 1 tab orally once daily with food for ten days.
- Vitamin B-12: Take 1,000 micrograms daily for ten days. (It is in the MethylCare if you purchase that from Beaker).
- Vitamin D3: 10,000 IU. Take a total of 10,000IU daily for ten days.
- N-Acetyl-Cysteine (Metagenics MethylCare at Beaker): Take 1 capsule twice daily for at least 10 days.
- Probiotic (Metagenics UltraFlora Balance at Beaker): Take 1 capsule once daily for at least 10 days.
- CBD Oil or Capsule (preferably with Curcumin): ½ a dropper full or 1 capsule twice daily for ten days or until gone.
- Allegra or Zyrtec: Take 1 tablet daily for 10 days.
- Mucinex or Mucinex-DM: Take 1 tablet twice daily for 10 days.

Note: Due to limited availability, these prescriptions have been sent to Beaker Pharmacy, 7810 W Eldorado Pkwy #200, McKinney, TX 75070, P (972) 972-4700. The supplements are available there as well. Their hours are 9AM to 6PM M-F, but they will stay open until you get there. Their lobby is closed, so please proceed to the convenient drive thru lane in the back of the building. They are located about 100 yards west of McKinney Family Medicine just down the parking lot toward the 7-11. The prescriptions should be ready for pickup in 30 minutes or less. They can deliver as well. Start all meds immediately. Beaker will also give you a medication schedule to follow.

--EAT a low carb-high protein diet (avoid white foods such as sweets, bread, rice, potatoes, pasta, fried food. Eat lots of lean meats, such as turkey, chicken, and fish).

--COMMON SIDE effects include nausea, vomiting, diarrhea, rash, abdominal pain, anorexia, and dizziness. Transient nausea is common for the first day and is usually alleviated by eating something.

--MONITOR your Blood Pressure, Pulse Oximetry, and Temperature twice daily and write them down if you are able (BP monitors and pulse oximetry monitors are relatively inexpensive at most pharmacies—again ask Beaker Pharmacy).

--OUR STAFF will be calling in 2 days to check on you, after that if you have any issues, questions or concerns please call us at the main number, (972) 562-8388, Ext 114 during business hours or (972) 562-8388 after hours should you need us.

--QUARANTINE TIME starts today (the day treatment begins) and lasts for 10 days. Please ask staff if you need work/school notes.

--RELAX, follow quarantine procedures, and be sensible. We will get through this together, and we are here for you day and night.

Please Note:

--This treatment regimen is based on all available information for the possible treatment of Coronavirus Disease 2019 (COVID-19) and has been proven to be effective in actual clinical trials, but it is NOT FDA-approved and should NOT be considered a cure. There is currently no FDA-approved treatment regimen for COVID-19. Therefore, this regimen is being used off-label and is considered alternative medicine. This treatment regimen will be adjusted periodically as new information becomes available. Please follow guidelines set forth by the CDC that may be found online as well as local rules set forth by your local PHD.

--I hereby certify by my signature below that I have been counseled on the risks and benefits as well as potential side effects and wish to proceed with this regimen.

Signature: _____

DOB: _____

Name: _____

Date: _____

Best Contact Number: _____

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