



Patient Information Booklet

Tonsillitis

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Introduction

This leaflet aims to help you understand tonsillitis, how to make your child comfortable and when to contact for emergency advice.

What is Tonsillitis?

- Tonsillitis is a common illness in young children and teenagers.
- It can be caused by either a viral infection or less commonly from a bacterial infection.
- Tonsillitis is an infection which causes inflammation of the tonsils and can be accompanied by symptoms including; a sore throat, high temperature, coughing, tiredness and common cold symptoms.
- Tonsillitis can usually be treated at home but seek medical advice from your GP when symptoms are lasting a period longer than four days, very high temperatures not responding to paracetamol and ibuprofen or the child is unable to eat or drink.

How is tonsillitis diagnosed?

- Tonsillitis can be diagnosed by looking into the back of the mouth, sometimes using a small torch.
- A small swab can be taken in the back of the throat and sent to the laboratory for examination.

What can you do to help?

- Stay away from public places usually until after the symptoms have passed.
- Making sure your child washes their hands before and after eating, going to the toilet and if possible after coughing and sneezing.
- After coughing and sneezing try to encourage your child to dispose of the dirty tissue.
- Make sure they eat lots of soft food and drink plenty of fluids whilst trying to avoid fizzy drinks which could aggravate the tonsils further.
- Regular Ibuprofen and paracetamol can be given to help relieve the pain and symptoms. Follow the instructions on the bottle/packet and do not exceed the maximum daily dose.

What happens next?

- If tonsillitis is caused by viral infection antibiotics cannot be given but general pain relief can be used for example paracetamol.
- If the cause is a bacterial infection then a doctor or GP may prescribe a series of antibiotics to try and fight the infection.
- Most cases of tonsillitis clear up on their own without treatment, however if you're child has repeated problems with tonsillitis a doctor may refer you to an Ear Nose and Throat Doctor (ENT).
- Tonsils shrink as a child gets older and will have almost disappeared by the time they are an adult since they are no longer needed as the body has different ways to deal with infections. Therefore your child may still get sore throats however it is unlikely to be caused by an infection of the tonsils.

Complications

- If your child has very enlarged tonsils and cannot eat and drink they may require admission to the hospital for IV (intravenous) antibiotics, fluids and occasionally steroids to reduce the swelling. They will usually be under the care of the ENT team. Once your child is eating and drinking and is able to take oral antibiotics and pain relief they will be allowed home.

Useful Contact Numbers:

- Contact your GP for advice.
- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)

References:

NHS Choices, 'Tonsillitis' (29th December 2015). Available on:
<https://www.nhs.uk/Conditions/Tonsillitis/Pages/Introduction.aspx> (accessed on 20 October 2017).

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)

In compiling this information leaflet, a number of recognised professional bodies including the Department of Health, NHS Improvement, NHS Choices, have been used. If you have any questions you want to ask, you can use this space to remind yourself:

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی ففء آہے تھف ف ڈتے فف برففے نآ فآرےن، تآھلے انؤرھف کرے آ ففنک ہلث ڈفمر سآٹھ ٹلففونے فوگآفوگ کرن 0161 331 5149/5150 آہے نآفرفے، تفن ترفآ آپنآکے سآھفف کرے فآرے۔

فٹو آفآ فف مآھفنی فآھف ہے رآمف رآفٹو فھف فو فرفآ ہف، آفٹفٹ ہڈف ٹفمٹو
0161 331 5149/5150 نآفرفے فف رآفٹو رآفٹو فف آفآ فف فرفرف مہف ہڈف۔

آفر فف معلومآ فرفہ نھف سکتے ہف فآف کو آس کف سبھ نھف آتف ہے فو برآ مہرفبآنی فھٹک ہفٹھ ٹفم کے سآٹھ ٹفلی فون نمبر
0161 331 5149/5150 فر رآفٹو کر فف فو آف کف مدد کر سکیں گے۔

Document control information

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