

MUMPS

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

5.12

EXPECTED OUTCOMES

Recovery occurs in about 10 to 12 days. After having it once, a person almost always has lifetime immunity to mumps.

POSSIBLE COMPLICATIONS

The most common complication is the inflammation of the testicles (orchitis) in males who have reached puberty, but rarely does this lead to fertility problems.

Other rare complications include:

- Inflammation of the brain and/or tissue covering the brain and spinal cord (encephalitis/meningitis), which usually resolves without any permanent damage.
- Inflammation of the ovaries (oophoritis) and /or breast (mastitis) in females who have reached puberty.
- Spontaneous abortion particularly in early pregnancy (miscarriage).
- Hearing loss, usually permanent, can occur in approximately one per 20,000 reported cases of mumps.

MEDICATIONS

- Once the infection begins, it must run its natural course. There is no specific treatment.
- For minor pain, you may use nonprescription drugs such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). Do not use Aspirin, as it may contribute to the development of Reye's syndrome.

DIET

- Bland, soft-food diet is helpful if chewing causes pain. Avoid acidic foods and beverages. Increase daily fluid intake to at least 6 to 8 glasses of liquid a day.

NOTIFY OUR OFFICE IF

- You have symptoms of mumps. Call the Student Health Center and make an appointment to see a provider. **Tell the scheduler you may have mumps** so that you do not have to sit in the waiting room and possibly infect others.

The following occur during the illness:

- Fever rises above 101°F (38.3°C).
- Vomiting or abdominal pain.
- Severe headache.
- Drowsiness or unable to stay awake.
- Swelling or pain in the testicles.
- Twitching of the face muscles.
- Convulsion.

References: Griffith's Instructions for Patients, 7th Edition
Centers for Disease Control, www.cdc.gov

Student Health Center



WWW.SIU.EDU/~SHC

This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.