

Glandular Fever, Discharge Information

Glandular Fever is known as infectious mononucleosis. It is a viral infection that affects the tonsils and glands in the neck.

A diagnosis of glandular fever is through a positive Paul Bunnell blood test, which can be negative in the early stages of the infection.

Activity

Tiredness, headaches and general lethargy can persist for some weeks therefore rest is important.

Your spleen and liver may be enlarged after glandular fever. It is therefore important to avoid contact sports until your doctor says you can start them again.

Eating and drinking

It is very important to drink plenty of fluids and have a normal diet.

Avoid drinking alcohol whilst you have Glandular Fever as the virus can affect your liver.

Medications

Antibiotics cannot treat viruses. However you may have been prescribed antibiotics to help prevent a secondary infection.

Take the antibiotics as prescribed and please complete the course even if you are beginning to feel better.

Unless advised otherwise continue with any prescribed medications you normally take.

Follow-up

Any follow up will be through your own family doctor (GP).

If you have any concerns regarding your Glandular Fever please contact your own GP, in the first instance.

Additional comments

Contact us

Wellington Hospital Main Outpatient
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)