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Thread: [Mucus build up in my lungs](#)

Pharmacist - December 17, 2015, 8:41 pm

So I was helping a friend of mine make some money by cleaning out an old womans house.. It was horrible, dog/cat/rabbit shit everywhere, mold, etc..

Now I've got a mucus build up in my lungs, and it's killing me..

Going to the doctor is out of the question.

So do you guys know of anything that might help clear this shit out?

Thanks!

BahNahNah - December 17, 2015, 8:44 pm

Quote:Going to the doctor is out of the question.

Lolwut?

If its serious then you should defiantly go to a prepositional.

Terror ?quad - December 17, 2015, 8:45 pm

Best bet would just be to wait it out lmao. Maybe drink teas and eat good foods. idk

Pharmacist - December 17, 2015, 8:45 pm

(Dec 17, 2015 09:44 PM)BahNahNah Wrote: [\[CITE\]](#) Lolwut?

If its serious then you should defiantly go to a prepositional.

I'm 1500 miles away from home, and in the middle of nowhere..

As I said, it's out of the question.

UNDERWIRE - December 17, 2015, 8:47 pm

Well you can try some mucinex, or your doctor might just give you the generic version guaifenesin assuming it's nothing worse than just some irritation from all the debris.

Terror ?quad - December 17, 2015, 8:47 pm

(Dec 17, 2015 09:46 PM)Game Freak Wrote: [\[CITE\]](#) It's a phase that'll last like 2-3 weeks.

I think it was called post nasal drip?

You gotta cough that shit out man.

Yup, well I've had it since like Monday and it's getting better slowly day by day..

I'm taking a break of smoking a lot of weed like I normally do and I'm just coughing that shit out. And also blowing my nose.

TIP: showers help a lot. Go take a shower and try to cough and blow your nose.

Pharmacist - December 17, 2015, 8:49 pm

(Dec 17, 2015 09:46 PM)Game Freak Wrote: [\[CITE\]](#) It's a phase that'll last like 2-3 weeks.

I think it was called post nasal drip?

You gotta cough that shit out man.

Weeks? ?

Can someone just shoot me and get it over with? Jk.

But really, thanks for the reply. I've been coughing it out, it's nasty shit.

(Dec 17, 2015 09:47 PM)UNDERWIRE Wrote: [\[CITE\]](#) Well you can try some mucinex, or your doctor might just give you the generic version guaifenesin assuming it's nothing worse than just some irritation from all the debris.

Guaifenesin does nothing for me now. I've taken ~8,000mg (8gs) of the shit while taking DXM. But I don't believe it's that serious, just annoying as hell trying to cough it up.

(Dec 17, 2015 09:47 PM)Longboarding Wrote: [\[CITE\]](#) Yup, well I've had it since like Monday and it's getting better slowly day by day..

I'm taking a break of smoking a lot of weed like I normally do and I'm just coughing that shit out. And also blowing my nose.

TIP: showers help a lot. Go take a shower and try to cough and blow your nose.

Yeah, I believe it got a bit easier to breath after I woke up this evening.

And thanks for the tip, I'll try it.

Pharmacist - December 17, 2015, 8:53 pm

(Dec 17, 2015 09:52 PM)Game Freak Wrote: [\[CITE\]](#) Yeah, its just annoying especially in class. You don't want to cough and make that nasty ass sound, so you hold it in. Then it gets hard to breathe.

I'd suggest to stop smoking until you're over it.

The smoke can irritate shit.

Yeah the steam from the showers can help, and drink tea n shit.

Blow your nose a lot to get rid of that thick mucus.

There's no fast way to get over it.

I've had to stop smoking weed, and I'm down to maybe 1 cig a day because of this.

shredder - December 18, 2015, 12:50 am

Your throat aka trachea has a lot of cilia and mucus when your a smoke thats bad kills all the cilia which can't move up the mucus/bacteria/fungi/virus and other pathogens.