

NON-ANTIBIOTIC prescription

Name:

The doctor has determined that you do not need antibiotics to treat your illness. This leaflet shows how long your symptoms normally last, what you can do to get better and when you should see a doctor again.

Your infection can generally last	Self-treatment
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- Ear infection..... **4 days**
- Sore throat **7 days**
- Common cold..... **10 days**
- Sinus infection **18 days**
- Cough/bronchitis **21 days**
- days**

- Make sure to rest
 - Drink plenty of fluids
 - Fever is a sign that the body is fighting an infection and will pass as you get better. To ease the symptoms you/ your child can use Paracetamol (or Ibuprofen)
 - The pharmacy can give advice on non-prescription remedies to alleviate discomfort
 - Other recommendations:
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Most respiratory infections

will subside without antibiotics. The body is normally able to fight these infections on its own.

The more antibiotics we use the greater the risk of bacteria getting resistant, making antibiotics ineffective.

Antibiotic can also give side effects such as a rash, abdominal pain, diarrhoea, genital fungal infections (women), hypersensitivity to the sun and other ailments.

Never give antibiotics prescribed for you to others, and return unused antibiotics to the pharmacy so they can be disposed in the proper manner.



You should seek medical attention quickly if you experience:

- Powerful headaches and malaise
- Cold and clammy skin or an unusual rash
- Confusion, lethargy or difficulty speaking
- Breathing difficulties
- Blue lips
- Chest pain
- Difficulty swallowing/drooling
- Cough with blood
- Symptoms gets much worse



Minor symptoms can usually wait until you can be seen by your family doctor:

- You do not get well within the number of days stated above
- For children with ear infections: fluid coming from the ear or impaired hearing
- Other

Sometimes it may be difficult to determine whether you need antibiotics. In such cases a doctor can choose to issue a wait-and-see prescription.

- The doctor issued you a wait-and-see prescription for antibiotics

You should wait and see for days

If you have not gotten better in the course of these days, you should start the antibiotic treatment.

Other conditions that indicate the need for an antibiotic cure:

If your symptoms get much worse or you experience some of the symptoms listed at the top of this page, you should seek medical help quickly – regardless of whether you started taking antibiotics or not.

