

Antibiotic information leaflet

Patient's name:

No antibiotic prescription given

Antibiotic prescription written but should only be collected after days from:

Surgery reception GP Pharmacy

Why did you not get antibiotics today?

- Colds and most coughs, sinusitis, otitis media (earache) and sore throats often get better without antibiotics.
- The table below shows you how long these illnesses normally last, what you can do to ease your symptoms and when you should go back to your GP or contact NHS 111.

| Please tick | Illness | Lasts on Average | What you can do to ease the symptoms |
|--------------------------|---------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Ear infection | 4 days | <ul style="list-style-type: none"> • Have plenty of rest • Drink enough fluids to avoid feeling thirsty • Ask your local pharmacist to recommend medicines to bring down your temperature or control pain (or both) • Other things you can do suggested by GP/Nurse |
| <input type="checkbox"/> | Sore throat | 1 week | |
| <input type="checkbox"/> | Common Cold | 1½ weeks | |
| <input type="checkbox"/> | Sinusitis | 2½ weeks | |
| <input type="checkbox"/> | Cough or bronchitis | 3 weeks | |
| <input type="checkbox"/> | Other | | |
| | | | |

Why you should only take antibiotics when they are needed:

- Bacteria can adapt and find ways to survive the effects of an antibiotic. They become **'antibiotic resistant'** so the antibiotic no longer works. The more you use an antibiotic, the more bacteria become resistant to it.
- Antibiotic resistant bacteria don't just infect you; **they can spread to other people in close contact with you.**
- Antibiotics can upset the natural balance of bacteria in your body. This allows other more harmful bacteria to increase. This may result in diarrhoea and thrush.
- Some antibiotics can cause allergic reactions such as rashes, being sick if you drink alcohol and reactions to sunlight.