

WITHOUT ANTIBIOTICS

NON-PRESCRIPTION PAD to be given to patients who do not need a prescription for antibiotics

DIAGNOSIS

YOUR DIAGNOSIS	IT IS NORMAL FOR THESE SYMPTOMS TO LAST FOR	REASON FOR NOT PRESCRIBING ANTIBIOTICS
Sore throat	1 week	9 in 10 patients recover in 7 days without antibiotics
Common cold	2.5 weeks	8 in 10 patients recover in 14 days without antibiotics
Cough	3 weeks	Antibiotic has little benefit when otherwise fit and well
Ear infection	4 days	6 in 10 patients recover in 24 hours without antibiotics
Sinusitis	14 days	8 in 10 patients recover in 14 days without antibiotics
Other		

WHY YOU HAVE NOT BEEN PRESCRIBED ANTIBIOTICS

- Antibiotics will not cure viral illnesses, e.g. coughs, cold, 'flu' like symptoms
- Taking antibiotics when you don't need them can mean that in the future they won't work when you do need them
- Antibiotics can cause serious infections to develop

SELF MANAGEMENT

- Rest and drink plenty of fluids
- Over the counter medicines will help relieve some of your symptoms. You can take this form to your pharmacist who can advise you. (Please note that this form is not a prescription and you have to pay any over the counter medicines)

PLEASE CONTACT YOUR GP SURGERY AGAIN IF your symptoms worsen and you are unwell. If your GP Surgery is closed, contact NHS24.