

Rx DELAYED PRESCRIPTION

About Your Delayed Prescription

WAIT. Don't fill your prescription just yet. Your health care provider believes your illness may resolve on its own. Follow the two steps below to get better:

Step 1.

First, follow your health care provider's advice to help you feel better without antibiotics and continue to monitor your own symptoms over the next few days.

To help your symptoms:

- Get lots of rest.
- Drink plenty of water.
- For a sore throat: ice chips, throat lozenges or spray, or gargle with salt water.
- For a stuffy nose: saline nasal spray or drops.
- For fever and pain relief: acetaminophen or ibuprofen.
- Other: _____

Wash your hands often to avoid spreading infections.

Step 2.

If you don't feel better in _____ days, or if things get worse, go ahead and fill your prescription at the pharmacy.

If you feel better, you do not need the antibiotic, and the prescription can be thrown out.

Waiting to see if you really need an antibiotic can help you take antibiotics only when they are actually necessary. Antibiotics can cause side effects like diarrhea, vomiting, and more. Antibiotics can also kill your body's good bacteria and leave you more susceptible to infections.

To learn more, visit www.choosingwiselycanada.org/antibiotics