

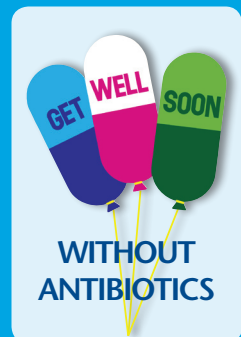
# Non-Prescription Pad

These 'non-prescriptions' can be given to patients who **do not** need a prescription for antibiotics.

## Remember

- Overuse of antibiotics leads to increasing numbers of resistant microbes such as MRSA
- Antibiotics can cause serious adverse effects
- Antibiotics can interact with other medicines e.g. oral contraceptives
- Antibiotics can cause new infections to develop e.g. thrush or c.difficile.

See [www.ggcformulary.scot.nhs.uk/Guidelines](http://www.ggcformulary.scot.nhs.uk/Guidelines) for Management of Infection Guidance for adults.



# No antibiotic prescription needed

Your Diagnosis:	
Sore throat <input type="checkbox"/>	Chesty cough <input type="checkbox"/>
Cold or flu <input type="checkbox"/>	Catarrh <input type="checkbox"/>
Dry cough <input type="checkbox"/>	Ear ache <input type="checkbox"/>
Other _____ <input type="checkbox"/>	

Taking antibiotics when they are not needed has no benefit for you. This is because:

- Most infections will only last a few days and can get better without antibiotics
- Many infections are caused by viruses. Antibiotics do not kill viruses.

Taking antibiotics when they are not needed can cause harm because:

- Antibiotics can cause side effects
- Antibiotics can stop some other medicines from working properly
- Antibiotics can cause new infections to develop.

Taking antibiotics when not needed can stop them working in future. This is known as antibiotic resistance.

## Practical Advice

- Rest
- Drink plenty of fluids

Your community pharmacist can provide advice on over the counter remedies to help relieve your symptoms.

If you are not getting better in a few days, please phone or visit the surgery for advice.