

Example 7.2 Sharp Coronado Hospital and Villa Long Term Care Education for Patient and Family

Sharp Healthcare Patient Education: Antibiotics | 2017

You have been prescribed an Antibiotic

- Take the prescribed antibiotic exactly as your healthcare professional tells you.
- Do not skip doses or stop taking an antibiotic early, even if you no longer feel sick, unless your healthcare professional tells you to do so. It is important that you finish taking all the doses ordered.
- If you experience any adverse reactions to the medication, contact your physician immediately.
- Wash hands before eating and after using the bathroom.
- When you use antibiotics appropriately, you do the best for your health, your family's, and of those around you.

What Everyone Should Know about Antibiotics

Antibiotic resistance is a growing problem in the United States and across the world due to overuse and misuse of antibiotics. Learn below about when antibiotics are and are not needed for common infections, and the potential harms.

If You Have a Cold or Flu, Antibiotics Won't Work for You

- Colds, flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses
- Antibiotics do not help fight viruses
- For the overwhelming majority of common respiratory infections, antibiotics are not helpful.

Taking antibiotics for viral infections will not:

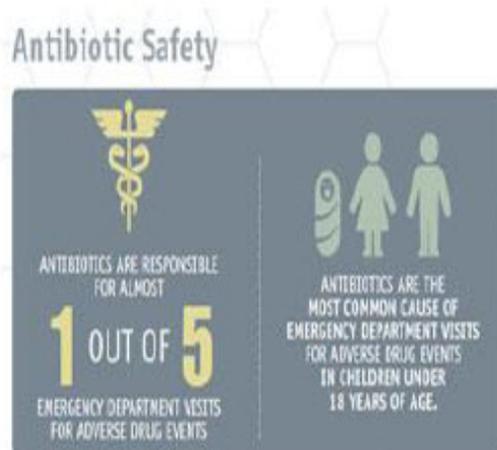
- Keep other individuals from catching the illness
- Help you feel better

Know which common illnesses are usually viral or bacterial and when antibiotics are necessary:

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes

Even appropriately prescribed Antibiotics may have side effects:

- Taking unnecessary antibiotics increases your risk of getting an antibiotic-resistant infection later.
- Antibiotics kill the healthy bacteria in the gut, allowing more harmful bacteria, such as *C. difficile*, to grow in its place.
 - Although this infection is more commonly found in hospitals, it also occurs in clinics outside of the hospital.
 - *C.difficile* causes inflammation of the colon, known as colitis. Report to your physician: any symptoms of watery diarrhea (≥3 loose stools per day), fever, loss of appetite, nausea or abdominal pain/tenderness.
 - Probiotics or probiotic yogurts can help to replenish beneficial bacteria that antibiotics destroy, and prevent *C.difficile* infections. Take with antibiotic courses and continue x 1 week afterwards.



For more information about this example contact Bridget Olson, ID/ASP Pharmacist at Bridget.Olson@sharp.com

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