

My General Antibiotic Guide

My Regular Doctor's number is: _____



RED ZONE - Take Action NOW!

- Fever more than 101F for more than 24 hours
 - You have shaking chills
 - Confusion or very sleepy
 - Heart is racing
 - Breathing fast or you are short of breath
 - Feel like your throat is closing up
 - Extreme pain
 - Pale or discolored skin
 - Severe rash and red skin
- You need to be seen right away
Have someone take you to the
emergency department or call
911 immediately**

YELLOW ZONE - Call your doctor!

- You have had a recent infection or surgical procedure and You have a Low grade fever 99.5-100.9 F
- Your infection is not getting better
- You have low energy
- You get a rash
- You are having diarrhea
- Any wound/ surgical incision is warm or red
- Increasing pain
- You cannot afford your antibiotic or if you have stopped taking it before you are supposed to

GREEN ZONE - Doing Good !

- No Fever or chills
- No confusion or sleepiness
- No fast heart rate
- No shortness of breath
- No increase in pain
- No discoloration of your skin
- Continue with the medical plan of care
- Keep all your doctor appointments

Information presented on this guide is for general information and educational purposes only. It should not be considered complete or be used in place of a medical office visit, call, or advice given by a doctor, nurse practitioner, physician assistant, pharmacist, or other health care provider. If you have any questions or concerns about your health, please seek medical care or advice immediately.

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Green Zone

- This means you are doing great. Keep up the good work and keep all medical appointments

Yellow Zone

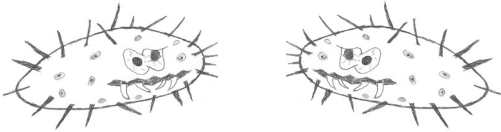
- You need to call your doctor as soon as possible. If your doctor's office is closed, you might need to go to an urgent care center or walk in clinic.

Red Zone

- You need to be seen by a doctor **As Soon As Possible**. Have someone take you to the emergency department or call 911.

What Are Antibiotics ?

Antibiotics are medicines that fight bacterial infections such as pneumonia, strep throat, bladder infections and some ear infections. You may also need to take them if you have had a recent surgery. They do not work on viral infections like colds, flu, or most kinds of bronchitis. You should take the medicine until gone even if you begin to feel better. Antibiotics are a good medicine if used properly. Doctors prescribe specific antibiotics based upon what kind of infection you have and any allergies you may have to medication.



Common Antibiotic Side Effects

- Allergic reaction (severe rash and itching difficulty breathing) Get to the emergency department right away or call 911
- Rash
- Stomach upset
- Diarrhea
- A type of diarrhea called C-diff
- Yeast infections (vaginal or oral)

Allways call your doctor if the side effects are severe or if they bother you

Things to consider

- There are a lot of different types of antibiotics.
- Antibiotics dont work for everything - They are not "one-size-fits-all". Antibiotics that work on one kind of infection might not work for another
- Taking antibiotics may do more harm than good - over time bacteria adapt to the antibiotics. This can lead to antibiotic resistant infections called MRSA or VRE or others.
- You should not save old antibiotics "just in case" - If you took some before you may not have enough of the medicine left to kill the bacteria now.
- If given a liquid antibiotic only use the measuring device that came with the medicine or ask the pharmacist for a syringe.

Information About The Antibiotic I Am Taking Now

Complete this section. Look at the medicine bottle, info sheet, or ask your doctor or pharmacist to help fill this section out

I am taking this antibiotic: _____ It is for: _____

My dose is _____ I take it _____ time(s) each day For _____ days

Do I take with food? Yes No Do I avoid alcohol? Yes No

Do I need to avoid grapefruit? Yes No Do I need to refrigerate? Yes No

When taking this kind of antioibotic I need to _____

