Wait and see prescription

Date: \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Patient name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WAIT: DO NOT FILL YOUR PRESCRIPTION JUST YET**Your healthcare professional believes your illness may resolve on its own

**1.** Follow your healthcare professional's recommendations to help you feel better without antibiotics.

**2.** Continue to monitor your own symptoms over the next few days:□ 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: paracetamol or ibuprofen.□ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** Wash your hands often to avoid spreading infections.**lf you don't feel better in \_\_\_\_ days**, go ahead and fill your prescription at the pharmacy. **lf you feel better**, you do not need the antibiotic and the prescription can be thrown out. **lf things get worse**, please contact your health care provider.

**Antibiotics should only be taken when medically necessary.Unwanted side effects like diarrhea and vomiting can occur, along with destruction of your body’s good bacteria that can leave you more susceptible to infections.**

**Antibiotics save lives, and when a patient needs antibiotics, the benefits outweigh the risks of side effects. You can protect yourself and others by learning when antibiotics are and are not needed.**



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