

What Is Delayed Prescribing?



**BE
ANTIBIOTICS
AWARE**

SMART USE. BEST CARE

WAIT. DO NOT FILL YOUR PRESCRIPTION JUST YET.

Your healthcare professional believes your illness may resolve on its own.

First, follow your healthcare professional's recommendations to help you feel better without antibiotics. Continue to monitor your own symptoms over the next few days.

- Rest.

- Drink extra water and fluids.

- Use a cool mist vaporizer or saline nasal spray to relieve congestion.

- For sore throats in adults and older children, try ice chips, sore throat spray, or lozenges.

- Use honey to relieve cough. Do not give honey to an infant younger than 1.

If you **do not feel better** in ____ days/hours or **feel worse**, go ahead and fill your prescription.

If you **feel better, you do not need the antibiotic**, and do not have to risk the side effects.

Waiting to see if you really need an antibiotic can help you take antibiotics only when needed. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Common side effects of antibiotics can include rash, dizziness, nausea, diarrhea, and yeast 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.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

