

Your Antibiotic Course

For a wound, bone or joint infection

Your antibiotic: _____

Take _____ times a day, for _____ days. Last day: _____

FINISH THE WHOLE COURSE

You will feel better long before the infection is fully cleared, especially in bone and joint infections, which need weeks of treatment. Stopping early lets the surviving bacteria come back stronger and harder to treat.

Complete the course even if you feel completely well.

How to take them

- Space the doses **evenly through the day** — twice daily means roughly 12 hours apart, three times daily roughly 8 hours apart. Set alarms.
- Most are best taken **with or just after food**, especially amoxicillin-clavulanate (Augmentin, Clavam), which upsets an empty stomach.
- If you miss a dose, take it when you remember — unless the next one is nearly due, in which case skip it. Never double up.
- **Do not save leftover antibiotics** for next time, and never share them or take someone else's.

LOOSE MOTIONS

Mild loose motions are common with antibiotics. Drink plenty of fluids and take curd or probiotics.

But contact us if the diarrhoea is severe, watery, contains blood, or comes with fever or stomach cramps. Do not take a stopping medicine (loperamide) on your own for this — it can make it dangerous.

GO TO HOSPITAL IMMEDIATELY IF YOU DEVELOP

Swelling of the face, lips or tongue · difficulty breathing · a widespread rash · blisters or peeling skin · sores in the mouth or eyes

These may mean a serious allergic reaction. **Afterwards, remember the name of the antibiotic and tell every doctor you see in future.**

