

# Rx DELAYED PRESCRIPTION

## About Your Delayed Prescription

WAIT. Don't fill your prescription just yet. Your health care provider believes your illness may resolve on its own. Follow the steps below to get better.

First, continue to monitor your symptoms over the next few days and try the following remedies to help you feel better:

- 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: acetaminophen or ibuprofen.
- Other: \_\_\_\_\_

Wash your hands often to avoid spreading infections.

**If you don't feel better in \_\_\_\_\_ days,** go ahead and fill your prescription at the pharmacy.

**If you feel better, you do not need the antibiotic** and the prescription can be thrown out.

**If 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.

**To learn more, visit [www.choosingwiselycanada.org/antibiotics](http://www.choosingwiselycanada.org/antibiotics)**

