



Checklist for Patients

How to handle antibiotics properly:

Before taking antibiotics, you should be aware of the following points:

- | | |
|---|---|
| <input type="checkbox"/> Why do I need to take these antibiotics? | <input type="checkbox"/> Can I take the antibiotic together with a meal or should I wait a while before/after eating? |
| <input type="checkbox"/> Are there other medications that could fight the infection just as well? | <input type="checkbox"/> Which foods or stimulants impair the effectiveness of the antibiotic? |
| <input type="checkbox"/> What are the possible side effects? | <input type="checkbox"/> Does the antibiotic affect other medications I take? |
| <input type="checkbox"/> How many days do I have to take the antibiotics for? | <input type="checkbox"/> How is the antibiotic properly stored, should I keep it in the fridge? |
| <input type="checkbox"/> How often and at what time of the day should I take the antibiotics? | <input type="checkbox"/> What should I do if I've forgotten to take it or have vomited? |

You should also be aware that:

- You must take the antibiotic exactly as prescribed by your doctor. You should not stop taking the antibiotic once you feel better.
- Antibiotics are not effective against viral diseases, such as most colds, the flu or measles. They only work against bacteria.
- If other people have symptoms similar to yours, do not give them your antibiotics. Only take antibiotics that are prescribed specifically for you.

Dr. Schumacher GmbH

Am Roggenfeld 3

34323 Malsfeld

Germany

T +49 5664 9496-0

F +49 5664 8444

info@schumacher-online.com

Sources

<https://www.kvhb.de/gesundheitsstipp-antibiotika-therapie>

BZGA

<https://www.infektionsschutz.de/infektionskrankheiten/behandlungsmoeglichkeiten/antibiotika/>