

- **Antibiotics are one of the most common medicines that patients will receive in hospital**
- **Antibiotics are different from other medicines because misuse and overuse can make them less effective**
- **Antibiotics are a precious resource. By using them wisely we can help combat the problem of antibiotic resistant infections which is a worldwide challenge**

What can you do?

- Talk to your doctors about your antibiotic treatment
- Tell doctors about any allergies to antibiotics in the past. This will be noted on a wristband. It is helpful if you also remind staff whenever they start you on a new antibiotic
- If you are on antibiotics and you experience a rash, nausea, diarrhoea or other side effects, tell your doctor promptly. Your doctor can investigate if this is related to the antibiotic or not, and advise you on what to do
- If you are eating and drinking, ask the doctor if you can change from intravenous antibiotics to tablets
- Tell your doctor or pharmacist about all medications that you are taking (even over-the-counter medicines) so that they can check for interactions between medicines
- Some antibiotics work better on an empty stomach and others work better with food – ask your doctor or pharmacist for advice
- Know how long you need to take it for — if this is not clear from the pharmacy label, ask your doctor or pharmacist
- Take your antibiotics as prescribed and try not to miss doses



Remember

- **Antibiotics don't work for viruses (eg cold or flu)**
- **Never take antibiotics that were prescribed for someone else**
- **Don't start antibiotics without medical supervision**



What is Melbourne Health doing to prevent antibiotic resistance?

We have a dedicated team of pharmacists and infectious diseases experts helping your doctors to prescribe the right antibiotics.

All clinical staff are educated about antibiotic prescribing and how to prevent spread of resistant bugs using good hand hygiene.

We monitor antibiotic resistance carefully.

Contact information

The Antibiotic Stewardship Team can be contacted by email:

RMH-AntimicrobialStewardshipTeam@mh.org.au

The Antimicrobial pharmacist can be paged on #2228

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