



This Medical Office is an Antibiotic Safety Zone™

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When treating our patients, this is our guide to antibiotic safety:

We avoid prescribing antibiotics unless they are clearly needed because antibiotics sometimes can do more harm than good.

We advise that antibiotics do not help in any way against diseases caused by viruses such as colds, bronchitis in children, and bronchitis in non-smoking adults with normal lungs.

Viral Colds, Coughs, and Bronchitis:

- The main reason for seeing the doctor about coughs & colds is to check for something more serious that may need medical treatment
- Antibiotics will not be given for colds, acute bronchitis, or asthma.

Ear Infections (Otitis Media):

- Most ear infections clear up on their own without antibiotics. And sometimes it's difficult for the doctor to tell whether or not a young child has an ear infection. If the doctor is uncertain or if the infection is mild, the doctor will not prescribe an antibiotic.
- Most children over age 2 years only need 5 days of antibiotic for ear infections. Five days works just as well as 10 days, is easier to give, and exposes the child to less antibiotic.
- It is perfectly acceptable to choose not to give antibiotics for an ear infection, and to wait 2 or 3 days to see if it will clear up on its own.

Sore Throats:

- Most sore throats (tonsillitis and pharyngitis) are caused by viruses but some are caused by Strep. Antibiotics are only needed when sore throat is due to Strep. Antibiotics will normally not be prescribed for sore throat unless a throat swab test is done and comes back positive for Strep.
- In patients over age 3 years who are quite sick with sore throat plus fever, tender glands in the neck, and no cough, an antibiotic may be given without a throat swab test.

Pneumonia:

- Wherever possible, if the doctor thinks the diagnosis is pneumonia, a chest X-ray will be ordered to make certain. We know that you don't want to be told you or your child have pneumonia when all you have is a bad cold or bronchitis.

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