



开具抗生素处方时您需要知道的事项

What You Need to Know When You Are Prescribed an Antibiotic (Chinese)

您的医疗团队认为您可能患有感染或其他需要使用抗生素的疾病，因此为您开具了抗生素处方。**抗生素**是强效的药物，可以杀死细菌并挽救生命。有些感染可以用抗生素治疗。与所有药物一样，抗生素也有副作用，仅应在必要时使用。您的医生认为此时使用抗生素的益处大于可能存在的风险。

Your healthcare team has prescribed antibiotics for you because they think you may have an infection or another condition which requires antibiotics.

Antibiotics are powerful medications that kill bacteria and can save lives. Some infections can be treated with antibiotics. Like all medications, antibiotics have side effects and should only be used when necessary. Your doctor thinks the benefits of antibiotics are greater than the possible risks at this time.

关于抗生素，我应该向医生提出哪些问题？

What are some questions to ask my doctor about antibiotics?

作为患者或照护人员，了解自己或亲人的抗生素治疗非常重要。以下是一些重要问题，如果您的医疗团队还没有与您讨论过这些内容，那么您可以向他们提问：

As a patient or caregiver, it is important to understand your or your loved one's antibiotic treatment. Here are some important questions to ask your healthcare team if they haven't already talked about this with you:

- 这种抗生素治疗什么感染或病症，您是怎么知道我患有这种感染或病症？

- What infection or condition is this antibiotic treating, and how do you know I have that infection or condition?
- 这种抗生素可能会产生什么副作用?
- What side effects might occur from this antibiotic?
- 我需要服用这种抗生素多长时间?
- How long will I need to take this antibiotic?
- 这种抗生素与我正在服用的其他药物或补充剂（如维生素）一起服用是否安全?
- Is it safe to take this antibiotic with other medications or supplements (like vitamins) that I am taking?
- 关于这种抗生素的服用，有什么特殊要求我需要了解的吗？例如，我应该与食物一起服用吗？
- Are there any special directions I need to know about taking this antibiotic? For example, should I take it with food?
- 如何监测我的感染或病情是否对抗生素有反应？
- How will I be monitored to know whether my infection or condition is responding to the antibiotic?

抗生素会对我有副作用吗？ Will I have side effects from my antibiotic?

可能会。几乎所有抗生素都有的、最常见的副作用之一是腹泻。通常情况下并不严重，但有时腹泻可能是由一种叫做艰难梭菌（*C. difficile*, 或 "*C. diff*"）的细菌引起的。发生这种情况是因为抗生素会破坏肠道中一些正常的有益细菌。这可能会让艰难梭菌乘虚而入，使患者面临这种严重感染的高风险。

You might. One of the most common side effects of nearly all antibiotics is diarrhea. Usually this is not severe, but occasionally diarrhea can be caused by

a bacteria called *Clostridium difficile* (*C. difficile*, or “*C. diff*”). This happens because antibiotics destroy some of the normal, helpful bacteria in your gut. This may allow the *C. difficile* bacteria to take over, and it puts patients at high risk for this serious infection.

抗生素的另一个常见副作用是过敏反应。皮疹是最常见的，但有些反应可能更严重。不过，并非所有皮疹都是过敏，因此如果出现皮疹，请务必咨询您的医生。最严重的过敏反应包括荨麻疹（发痒的红色斑块伴肿胀）、唇舌或喉咙肿胀、喘息或呼吸困难或呕吐。

Another common side effect of antibiotics is an allergic reaction. A rash is most common, but some reactions can be more serious. Not all rashes are allergies, though, so it is important to talk with your doctor if you get a rash. The most serious allergic reactions include hives (itchy red patches with swelling), lip, tongue, or throat swelling, wheezing or difficulty breathing, or vomiting.

什么时候应该致电我的医生？ When should I call my doctor?

抗生素引起的腹泻大多不具传染性，无需担心。如果您在服用抗生素期间**每天出现水样大便 3 次或以上，应该立即告知您的医疗团队**，因为这可能是艰难梭菌感染的征兆。艰难梭菌引起的腹泻可能很严重，必须迅速治疗。第一个月内患上艰难梭菌腹泻的风险最高，但停用抗生素后可能仍持续长达 3 个月。如果停用抗生素后仍出现腹泻，请告知您的医疗团队。

Most diarrhea caused by antibiotics is not infectious and should not cause concern. You should **let your healthcare team know right away if you develop watery stool (poop) 3 times or more per day while taking an antibiotic**, because that may be a sign of a *C. difficile* infection. Diarrhea caused by *C. difficile* can be serious and it must be treated quickly. The risk of getting *C. difficile* diarrhea is highest during the first month, but it can last for up to 3 months after you stop taking antibiotics. Let your healthcare team know if you develop diarrhea even after you stop taking an antibiotic.

如果服用抗生素时出现皮疹或其他过敏反应迹象，请致电您的医生。

Call your doctor if you develop a rash or another sign of an allergic reaction while taking an antibiotic.

如果出现以下情况，请立即拨打 911 寻求帮助： Call 911 to get help immediately if:

- 出现嘴唇、舌头或喉咙肿胀 You develop lip, tongue, or throat swelling
- 喘息或呼吸困难 You are wheezing or have difficulty breathing

请记住，抗生素是救命药物，需要正确使用。严格按照处方服用抗生素非常重要。如果对服用的抗生素有任何疑问，请咨询您的医疗团队。

Remember, antibiotics are life-saving drugs and they need to be used properly. It is important to take your antibiotics exactly as prescribed. If you have any questions about your antibiotics, please talk with your healthcare team.

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改编自疾病控制与预防中心（CDC）。医院已为您开了一种抗生素以治疗感染。访问地址：

<https://www.cdc.gov/antibiotic-use/community/pdfs/Inpatient-Fact-Sheet-P.pdf>

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