

# Taking antibiotics with or without food

# Concerns about side effects

## Taking antibiotics with or without food

Food may affect the way your antibiotic is absorbed into your body.

For some antibiotics, having food at the same time can stop the antibiotic from being absorbed properly. For others, food can help the antibiotic be absorbed into the body properly.

Taking an antibiotic without food means taking it an hour before, or two hours after your meal.

It is more important to take the antibiotic than miss it, even if it means taking it with or without food.

**Your pharmacist will advise you whether you should take antibiotics with or without food**

## Concerns about side effects

Sometimes, when you take antibiotics, you may get unwanted side effects such as:

- nausea
- diarrhoea
- headaches
- muscle pain

You may be worried about these side effects but not everyone gets them. It is important that you keep taking your antibiotics. If these side effects bother you or won't go away, speak to your pharmacist or doctor and they will advise you what to do.

**Your pharmacist will advise and reassure you**

- You are more likely to benefit from antibiotics than to get side effects.
- If you do get side effects they are usually very mild. Some go away once your body is used to the antibiotics you are taking.
- See your doctor or pharmacist if you suddenly get worse or don't get better after the time you were told you would get better.