

DURING THE SEVEN DAYS

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| <p>1. DO take medicine just AFTER/WITH food despite chemists' advice or insert. Make sure you are eating enough.</p> | <p>1. DO NOT consume any dairy products (milk – raw or organic (unpasteurized); yoghurt, fresh cream, Ice cream, butter, cheese) because it will interfere with the absorption of the medicine. Eggs are not dairy.</p> |
| <p>2. DO drink lots of fluid — about 2 to 3 litres / day. Your aim is to pass at least 1.5 litres of urine/ 24 hours.</p> | <p>2. DO NOT take any other drugs, including Legalon, vitamins, homeopathic treatment or other supplements without discussing with Dr Jadin.</p> |
| <p>3. Drink one can of Indian Tonic Water with treatment – the quinine helps the medication's absorption. Look for the brand low in sugar but no aspartame.</p> | <p>3. DO NOT SMOKE or as little as possible.</p> |
| <p>4. DO take HOT baths or a Sauna nightly (40degreesC) for at least 10 mins. This is to detoxify your body via the skin and increase blood circulation. Add 5 capfuls of Algibad or 2 Tablespoons of Epsom Salts to your bath to assist this process. Avoid public steam or Turkish baths. .</p> | <p>4. DO NOT drink alcohol while taking FLAGYL/METAZOL (balsamic vinegar and soy sauce contain alcohol)</p> |
| <p>5. DO exercise. If you are fit, keep to your normal exercise program. If not, try to exercise every day for short periods – 5 to 10 minutes - increasing gradually. NB Low-key exercise whilst on any Quinolone.</p> | <p>5. DO NOT breastfeed. Stop before commencing treatment</p> |
| <p>6. DO keep out of the sun for 7 – 10 days because of skin sensitivity whilst on antibiotics. A little sun for 10mins before 10:00a.m. and after 3:00p.m. is beneficial during the three weeks</p> | <p>6. DO NOT STOP your 7 day medication. If concerned contact the surgery.</p> |
| <p>7. DO take extra precautions against pregnancy and do not fall pregnant as Biltricid treatment is teratogenic. Oral contraceptives are less efficient during antibiotherapy. Patches are safer.</p> | <p>NB; If experiencing pain in the right Iliac Fossa (appendix) place ice in a towel above the painful area.</p> |

PATIENTS ARE KINDLY REQUESTED:-

1. During the consultation please ask for prescriptions for any medication you require such as analgesics, sleeping tablets, ant-acids etc.
2. Request a sick leave certificate if necessary.
3. Drs Gerin and Jadin are contracted out of medical aid. Patients are requested to settle accounts at the time of consultation and thereafter claim back from their medical aid companies.
4. Cancellation of appointments must be made at least **two** days prior to consultation. **Failing this a full consultation charge will be applied.**