

# Outpatient Antimicrobial Therapy (OPAT)

## Oral Antibiotic Patient Information

**Te Whatu Ora**  
Health New Zealand  
Counties Manukau



**OPAT Nurse** (Paula | Krystal | Fred | Zoe | Heidi) available daily 08:00AM to 10:00PM  
(09) 2760000 extension 50887 | Freephone 0800 266 513 | 021 286 1816  
After 10:00PM if you need urgent help, or are unwell, go to Middlemore Hospital Emergency Department.



### Antibiotic Tablets

You need to take antibiotic tablet/s for the treatment of your infection.

Some antibiotics need to be taken with food, while others on an empty stomach. Read the information leaflet that comes with your tablets.

'Take on an empty stomach' means take your tablet/s at least an hour before or 2 hours after a meal.



### Prescription

It is important to take your antibiotic/s until you are asked to stop, even if you feel well.

If you are about to run out of antibiotics, you may need to see your GP for a new prescription or contact your pharmacy to check if a repeat is due (you can also see on the antibiotic packet if repeat is due)



### Blood Test

You must have a blood test while on your antibiotics to see how well you are responding to the treatment and make sure you are not having any side effects/

We will advise you how often you need to have your test. We will do an electronic form for your test. Provide your name at any [Labtests NZ](#) and they will see the request.



### Possible Side Effects

Some people may develop nausea, vomiting, diarrhoea or a skin rash. If you develop any of these problems, please contact your OPAT nurse as soon as possible. If you become unwell for a different reason, please see your GP.



### Follow-up Appointment

If the infectious diseases doctors need to see you in clinic or follow-up via phone call, we will give you an appointment letter before you go home or send you one in the mail or email.



### Contraceptives

If you are using contraceptives, you will need to use additional birth control methods until 7 days after completing your antibiotics. Speak to your GP or pharmacist for advice.



### Medication Reminder Smartphone App

This is a free smartphone app that provides personalised medication reminder. Scan the QR code to download.



### Other Medicines

Antibiotics can sometimes interact with other medicines, herbal supplements or substances. Speak to your GP, pharmacist or OPAT Nurse before taking new medicines, herbal supplements or substances.



### End of Treatment

If for any reason you have antibiotics leftover, bring them to your local pharmacy for safe disposal.

If you become unwell after completing your antibiotics, please see your GP.