COURSE AND RECOVERY · 14 DAYS

Antibiotic Recovery Tracker

Start on the first day of the course and keep going after it ends. Tick each dose so none is missed, and watch stool form: it is the earliest sign of whether your gut is settling.



SHEET 14

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
THE COURSE														
On antibiotics today	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Doses taken tick each one														
STOOL TYPE: ONE DOT FOR EVERY MOVEMENT														
7 Watery														
6 Mushy														
5 Soft blobs														
4 Smooth, soft														
3 Cracked sausage														
2 Lumpy sausage														
1 Hard lumps														
EACH DAY														
Movements how many														
Fluids glasses														
Bloating 0 to 10														
Thrush symptoms	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BRINGING THE GUT BACK														
Fibre food	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fermented food	○	○	○	○	○	○	○	○	○	○	○	○	○	○
A plant I have not had this week	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Probiotic, if advised	○	○	○	○	○	○	○	○	○	○	○	○	○	○

My course

Antibiotic _____ For _____

Prescribed from _____ to _____ Doses a day _____

Dose times _____ With food? _____

What the leaflet says about dairy, alcohol, other medicines _____

Who to call about diarrhoea

Surgery or pharmacy _____

Out of hours _____

Diarrhoea began on day _____

! **Diarrhoea during or after antibiotics: ring your doctor rather than waiting.** Blood, fever, marked pain, not keeping fluids down, or diarrhoea beyond seven days needs urgent advice, and do not take loperamide. Finish the course exactly as prescribed. Ask before any probiotic if your immunity is weakened.