

藥怎麼吃

How to take medicine

When receiving medicine pack, you should check its quantity, ensure the dosage and time period of taking, and notices of the following:

1. Internal drugs should be taken with warm drinking water.
2. Drugs must be taken under the scheduled time.
3. Taking drugs within the regular time frame before or after the meals.
4. Do not take drugs along with tea, juice, milk or coffee, etc. stimulating beverages.
5. Taking drugs according to instructed dose of doctor's prescription. Do not change or stop taking drugs without doctor's instruction.
6. Whenever recalling a missing dose, take it immediately. Do not take the missing dose if next instructed dosing time is approaching.
7. After taking medicine, if no effectiveness to the symptoms or any unusual condition or side-effect occurred, advise doctor immediately.
8. Notice the drug's name, warnings and expiration period on the label.
9. After recovery, stop taking drugs and should not share the unused drugs to others.
10. Consulting with your physician or pharmacist for any questions regarding to the medication.
11. Two or more different kinds eye-drops should be applied with 5-10 minutes intervals.
12. Topical creams for external use should be not swallowed or applied to eyes.

Warnings:

All of hospital, clinics or pharmacy will provide their medication pack with detailed information including usage, dosage, side-effects, indications, etc. Before taking medicine, you must carefully read contents and warnings on medication pack or package inserts.

1. Side-effects:

- (1) When quoted with "this drug may cause drowsiness or dizziness", or "after medication, you should pay more attention on driving or operating machinery" warning, means it will prevent you from doing concentration required task.
- (2) When quoted with "during the medication period, do not take any alcohol related beverage!" warning, means it may prolong the medication effectiveness or drowsiness.
- (3) Warning of "during medication, avoid sun exposure!" is usually indicated on sulfa drugs and whitening products.

2.Special usage:

- (1)Warning of “take it by swallowing, no grinding or chewing”, indicates it’s not tasty. For example, drugs in sustained releasing dosage form and enteric coating dosage form are not suitable for chewing.
- (2)Warnings of ”keep in low temperature”, means after receiving medication pack, it should be kept in the refrigerator.
- (3)Warnings of “shake well before use” which is often indicated on liquid suspension, liquid antibiotic, or eye drops.

3.Pregnant woman and breast-feeding:

Warning of “pregnancy, pregnancy potentials or breast-feeding women are prohibited”, means pregnant woman or breast-feeding mothers are not suitable to take the drugs.

4.Drugs’ interaction:

- (1)Warning of “at least 2 hours or more of interval is required for each dosing time while taking with irons, or antacids” is often indicated on antibiotic drugs like Quinolone antibiotics, because iron, milk or antacids will interfere with their absorptions and effects.
- (2)Warning of “do not take together with grape fruit juice”, means the mixture of calcium channel blockers, macrolide immunosuppressants and ergot derivatives, etc. with grape fruit juice will affect absorption and metabolism of medicine.