

用藥指示

Instructions for taking medicine

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1. Firstly, check to see if it is for internal use or external use:

- (1) Oral drugs: confirm the correct usage and dosage, if it is taken by swallow, chewable, prior melted in mouth, or prior diluted with water, etc. and check if it's deteriorated or expired.
- (2) For external use: confirm the portion to be applied, e.g. skin, eyes, ears, mouth, nose, rectum, vagina or via inhalation.
- (3) To avoid contaminating drugs or wounds, wash hands carefully prior taking medicine.
- (4) Shake well when using liquid suspension.
- (5) Suppository is required to keep in refrigerator to maintain its shape. Drugs stored in refrigerator should be restored back to room temperature prior to usage.
- (6) Be sure to cover the drugs tightly after usage.
- (7) Do not use deteriorated or expired medicinal liquid. Eye drops must be discarded one month after opening.
- (8) To avoid interactive transmission of virus or misusing drugs, do not use others' medicine.

2. Medication time:

(1) Drugs should be taken according to prescribed dosing time:

Four times daily: Take the medicines at breakfast, lunch, dinner and before bedtime

Three times daily: Take the medicines at breakfast, lunch and dinner

Twice daily: Take the medicines at breakfast and dinner

Once a day: a fixed time per day

(2) Before and after meals

Before meal (empty stomach): Take the medicines within an hour before meal or take them along with food two hours after meal.

Medicines taken before meal: Can be easily affected by food and absorbed with less gastrointestinal irritation.

After meal: Take the medicines within an hour after meal or take them immediately after meal.

Medicines taken after meal: Can be absorbed with the help of food to reduce gastrointestinal irritation.

Before bed time: half an hour before bed time.

(3) 4 times a day and 6 hours a day:

by different purposes:

4 times a day is for symptoms treatment, e.g. PANADOL.

6 hours a day is to maintain and stabilize blood concentration, e.g. antibiotic.

3. Medicine should be taken along with drinking water:

(1) The effectiveness of drug may be affected and resulted in interactions with juice (such as grapefruit juice), tea, coffee, or milk.

(2) To avoid drugs stay in esophagus too long and cause esophagus burns, do not lay down while taking medicine.

4. What to do if forgot to take medicine?

(1) Drugs for symptoms relief: it is Ok if forgot to take it, e.g. analgesics.

(2) Drugs for treatment or prevention: e.g. hypertension, diabetes. If you recall it within a short time after passing the prescribed dosing time, take it immediately. If its close to next dosing time, do not take it.

(3) Drugs for taking before bed, no need to make it up in the day tim