

Taking Medicines Safely

Medicines are often part of treatment for illness or injury. There are many medicines. Your doctor will work with you to find the best medicine for you. Taking medicine is not without some risk for side effects. Follow the tips below for taking medicines safely.

- Keep a list of your medicines with you. Include prescription and over the counter medicines, herbs, vitamins and any home remedies you use.
- Show this list to all doctors, pharmacists and dentists who are treating you.
- Take your medicine as ordered by your doctor. Do not change or stop taking any medicine until you talk to your doctor.
- Take your medicines at the same time each day.
- Tell your doctor if you are pregnant, breastfeeding or on a special diet.
- Get a refill at least one week before your medicine is gone.
- Throw away unused or expired medicines.
- Do not take any new herbal products or over the counter medicines without first checking with your doctor or pharmacist. These products may change the way your other medicines work.

New Medicine

- Check if the medicine is covered by your insurance or if a generic medicine can be used.
- Use only one pharmacy so they have a record of all of your medicines. They can make sure that your medicines can be taken together safely.
- Ask your doctor or pharmacist the following questions:
 - How do I take this medicine?
 - How long do I take this medicine? Do I take it until I am better? Is this a medicine I need to take always to keep my problem under control?

Si Ammaan ah Daawooyinka u Qaadashada

Daawooyinku badanaa waxay qayb ka yihiin daaweynta jirro ama dhaawac. Waxaa jiro daawooyin fara badan. Takhtarkaaga ayaa kula shaqayn doona si uu daawada kuugu fiican kuugu helo. Daawo qaadashadu halis saameyn liddi ah kama madhna. Aaraa'da hoose raac si aad daawooyinka si ammaan leh ugu qaadatid.

- Xafido taxanaha daawooyinka. Ku soo dar kuwo lagu qoray iyo kuwa aad iska soo iibsatay, daawo geedeedka, fitammiinnada iyo wixii kale oo aad guriga ku qaadatay oo aad isku daaweysay.
- Taxanahaan tusi dhammaan takhaatiirta, farmashiisteyaasha iyo takhaatiirta ilkaha ee ku daaweynaya.
- Daawooyinkaaga u qaado sida uu takhtarku ku faray. Ha beddelin ama joojin wax daawo ah ilaa aad takhtarkaaga kala hadashid.
- Daawooyinka isku waqti qaado maalin kasta.
- Takhtarkaaga u sheeg haddii aad uur leedahay, naas nuujiso ama cunto gaar ah aad qaadato.
- Dib u soo buuxso daawada ugu yaraan hal toddobaad ka hor inta aysan daawadu kaa dhammaannin.
- Iska tuur daawooyinka aan la isticmaalin ama dhacay.
- Ha qaadannin wax daawo geedeed ah ama la iska soo iibsado adigoo aan marka hore takhtarka ama farmashiistaha ka soo hubin. Alaabooyinka waxaa laga yaabaa in ay beddelaan waxtarka daawooyinka kale.

Daawooyinka Cusub

- Hubi haddii daawada uu kaa bixinayo caymiskaagu ama daawo nooc gaar ah la isticmaali karo.
- Isticmaal hal farmashiye oo keliya si markaas ay u hayaan diiwaanka daawooyinkaaga oo dhan. Waxay xaqiijin karaan in daawooyinkaaga si ammaan leh loo wada qaadan karo.
- Takhtarkaaga ama farmashiistaha weydii su'aala soo socda:
 - Daawadaan sidee ayaan u qaataa?
 - Ilaa iyo intee ayey ii soconeysaa? Miyaan qaataa ilaa aan ka bogsado? Miyey daawadaani tahay mid aan u baahanahay in aan mar walba qaato si aan dhibaatadayda u xakameeyo?

Taking Medicines Safely. Somali

- What are the side effects and what do I do if they occur?
- What do I do when I forget to take my medicine?
- What do I do if I take an extra or too much medicine?

Storing Medicine

- Keep all medicines in their containers unless you are using a pillbox.
- Store medicines in a cool, dry place.
- Keep bottles tightly capped and out of the reach of children.
- Do not give your medicines to anyone else.

Call your doctor if you:

- Are having side effects.
- Have questions or concerns.

Write down this information:

- What is the name of the medicine?
- Why do I take it?
- How much do I take?
- What times should I take it?

Use the form on the next page to write your medicines down and carry it in your wallet so you have it when you need it.

Talk to your doctor, nurse or pharmacist if you have any questions about your medicines or how to take them.

- Waa maxay saameynta liddiga ah ee ay leedahay maxaanse sameeyaa haddii ay dhacdo?
- Maxaan sameeyaa markaan hilmamao in aan daawada qaato?
- Maxaan sameeyaa haddii aan qaato daawo dheeraad ah ama xad dhaaf ah?

Daawooyinka Culus

- Daawooyinka oo dhan weelkooda ku xafid in aad kaniiniga sijilan isticmaaleyso mooyaane.
- Daawooyinka dhig meel qabow, oo engegan.
- Dhalooyinka si adag furka ugu xir carruurta meel aysan gaarinna dhig.
- Daawooyinkaaga qof kale ha siinnin.

Takhtarkaaga wac haddii:

- Aad saameyn liddi ah isku aragto.
- Aad qabto su'aalo ama walaac.

Qor warkan:

- Waa maxay magaca daawadu?
- Maxay tahay sababta aan u qaadanayo?
- Intee ayaan ka qaadanayaa?
- Waqtiyadee ayaan qaataa?

Isticmaal foomka bogga ku xiga si aad u qorto daawooyinkaaga kuna qaado boorsadaada lacagta ee yar si aad u haysatid markaad u baahatid.

La hadala takhtarkaaga, kalkaalisada ama farmashiistaha haddii aad wax su'aalo ah ka qabtid daawooyinkaaga ama sida aad u qaadanayso.

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