

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?

安全服药

药物时常是治疗伤病的一部分。药物有很多。你的医生将与你共同找出对你最好的药。服药不是没有一些发生副作用的风险。遵照以下安全服药的提示。

- 随身带一份你的药物列单。包括处方药和柜台即买药、草药、维生素类和任何你使用的民间偏方。
- 将此列单出示给所有为你治疗的医生、药剂师和牙医看。
- 请按医嘱服药。除非先告知你的医生，否则不可换药或停用任何药物。
- 每天在同一时间服药。
- 请告知你的医生你是否已怀孕、在哺乳或正进行一种特别饮食。
- 在药物用完前至少一个星期时进行添补。
- 丢弃不用或过期的药物。
- 除非先和你的医生或药剂师核实，否则不可服用任何新的草药品或柜台即买药。这些产品可能会改变其他药物的疗效。

新药物

- 请查实某个药物是否可由你的保险支付或是否可用普通品牌的药物。
- 请仅限在一个药店买药，以便他们持有你所有药物的记录。他们可能要确定你可否安全地一起服用这些药物。
- 请向你的医生或药剂师问以下问题：
 - 我如何服用此药？
 - 我该服用此药多久？我是否服用它直到我好转？我是否需要一直服用此药以控制病症？

- 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.

- 有什么副作用而且如果发生副作用，我该怎么办？
- 我忘记服药时该怎么办？
- 如果我多服一次药或服药过量，该怎么办？

储放药物

- 将所有的药都装在各自药瓶里，除非你用一个药盒。
- 将药储放在干爽的地方。
- 将药瓶盖盖紧并不让孩子接触到。
- 不要把你的药给其他任何人。

以下情形请打电话给你的医生：

- 正有副作用。
- 有问题或关注事宜。

请写下此信息：

- 药名是什么？
- 我为什么服此药？
- 我服多少药？
- 我应在什么时间服药？

请用下一页的表格写下你的药物并将它带在皮夹里，以便你需要时用。

如果对你的药物或该如何服药有任何问题，请告知你的医生、护士或药剂师。

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Taking Medicines Safely. Simplified Chinese

