Taking Medicines Safely

Medicines are often part of treatment for illness or injury. Taking medicine is not without some risk for side effects. Follow these tips 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.
• Do not give your medicines to anyone else.
安全服药

药物时常是治疗伤病的一部分。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：

• 随身带一份您的药物列单。包括处方药和柜台即买药、草药、维生素类和任何您使用的民间偏方。

• 将此列单出示给所有为您治疗的医生、药剂师和牙医看。

• 请按医嘱服药。除非先告知您的医生，否则不可换药或停服任何药物。

• 每天在同一时间服药。

• 请告知您的医生您是否已怀孕、在哺乳或进行特别饮食。

• 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。

• 除非先和您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。

• 请勿将您的药物给其他任何人服用。
New Medicine

- Check if the medicine is covered by your insurance or if a generic medicine can be used.
- Use only one pharmacy so that there is a record of all of your medicines.
- Ask your doctor or pharmacist these 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?
  - 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 too much medicine?
  - Can I take this medicine with the other medicines I am taking?

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.

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?
新药物
• 请查实某个药物是否可由您的保险支付或是否可用非品牌药物。
• 请仅用一个药店买药，以便他们有您所有药物的记录。
• 请向您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？
  ▶ 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？
  ▶ 如果我服药过量，该怎么办？
  ▶ 能否与我正在服用的其他药物一起服用？

储放药物
• 将所有的药都装在各自药瓶里，除非您用一个药盒。
• 将药储放在干爽的地方。
• 将药瓶盖盖紧，不让孩子接触到。

请纪录下此信息：
• 药名是什么？
• 我为什么服此药？
• 我服多少药？
• 我该在什么时间服药？
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
- Any side affects
- Other concerns
请用下一页的表格写下您的药物并将它带在皮夹里，以便您需要时用。

如有以下情况，请告知您的医生、护士或药剂师：
• 对您的药物或该如何服药有任何问题
• 有副作用
• 其他问题
### Medicine List

<table>
<thead>
<tr>
<th>Name of Medicine</th>
<th>Reason I take it</th>
<th>How much I take</th>
<th>Times I take it</th>
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My allergies: _______________________________________________

**Key phone numbers:**

- Pharmacy ____________________________________________
- Doctor _____________________________________________
- Poison Control 1-800-222-1222
药物列单

<table>
<thead>
<tr>
<th>药名</th>
<th>我服此药的原因</th>
<th>我的药量</th>
<th>我的服药时间</th>
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过敏：______________________________________________

重要电话号码：
药店  _____________________________________________
医生  _____________________________________________
毒物控制中心  1-800-222-1222