

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.

安全服藥

傷病治療往往均要用到藥物。吃藥是有副作用的。以下是一些安全用藥常識：

- 隨身攜帶所服藥物的清單。清單內包含自己所服用的處方藥、非處方藥、草藥、維他命和任何家庭自製藥物。
- 向所有治療您的醫生、藥劑師和牙醫出示藥物清單。
- 遵醫囑服藥。在請示醫生之前，不要擅自改換藥物或停藥。
- 每天在相同時間服藥。
- 如果已懷孕、正在哺乳或在食用特殊飲食，須向醫生說明。
- 至少在藥吃完前一週，及時續配藥物。
- 丟掉未用完或過期的藥物。
- 請示醫生或藥劑師之前，不要服用任何新的草藥製品或非處方藥。此類藥品可能會改變其他藥物的藥效。
- 不要把自己的藥給別人吃。

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?

新的藥物

- 檢查藥物是否在保險承保範圍內，或是否可改用非品牌藥。
- 堅持在同一間藥房配藥，以保留完整的配藥記錄。
- 向醫生或藥劑師提出下列問題：
 - ▶ 如何服藥？
 - ▶ 需要服藥多長時間？是否須堅持服用直至病情好轉？是否有什麼藥物需要長期服用，以控制病情？
 - ▶ 副作用有哪些？如果產生副作用，應該怎麼辦？
 - ▶ 如果忘記服藥，應該怎麼辦？
 - ▶ 如果服藥過量，應該怎麼辦？
 - ▶ 我在服用其他藥物，是否可以與該藥物同時服用？

藥物存放

- 如果不使用藥盒，則所有藥物均要放在原裝容器內。
- 將藥物存放在乾燥陰涼處。
- 蓋緊藥瓶，並將其放在兒童接觸不到的地方。

記下這些資料：

- 藥名
- 服藥原因
- 服用量
- 每日服藥時間

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 effects
- Other concerns

請使用下一頁的表格來記下藥物資料，並且放在錢包內，以備隨時之需。

如有下列情形，請向醫生、護士或藥劑師提出：

- 對藥物或服藥方法有任何疑問
- 發生任何副作用
- 有其他疑慮

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Taking Medicines Safely. Traditional Chinese.

藥物清單

藥名	服藥原因	服藥量	每日服藥次數

過敏物： _____

重要電話號碼：

藥房 _____

醫生 _____

毒物控制中心 1-800-222-1222