



You are the master of your own body, keep in mind of the following


1. DO NOT listen to drugs recommended by other people.
2. DO NOT believe in the magical effects of drugs.
3. DO NOT purchase drugs sold at street stores, night markets, Internet and excursion buses.
4. DO NOT take drugs given by other people.
5. DO NOT recommend drugs to other people.



How to state your conditions clearly to the doctor

While seeing doctor, details of your statement should include the following:

1. Symptoms: part of body injured or feeling sick, status, and time occurred... etc.
2. Personal history of illness: including records of surgery, hospitalization, medical examining report, with or without diseases of diabetes, hypertension, liver kidney or familiar diseases, etc.
3. Have you ever had any unusual reaction over certain drugs? or allergies? Or special diet habits.
4. Drugs are currently taking: including chronic disease medicine, Chinese medicine, vitamins, contraceptive drugs, diet pills, healthy food and special food.
5. Have you ever taken any other drugs in past few weeks: – Some drugs may continuously function in your body which would affect current medicine from doctor's prescription.

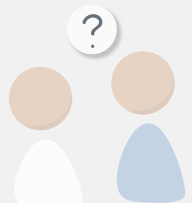
- 
6. Any other undisclosed diseases, which may influence the result of medication: for example, if you have a liver or kidney dysfunction, which prolongs the drugs' excreting time from your body, or even increase drugs' toxicity.
 7. Are you breastfeeding your baby: Because some drugs may secrete into breast.
 8. Do you have any surgery arrangement or medicare plan: Since current medicine may influence coagulation and medical report.
 9. Are you participating any examinations? operating machinery? Or driving? because some drugs will make you feel sleepy which may cause your distraction and bad reaction.
 10. Are you pregnant? Some drugs may get in the fetus body through the placenta.



Double check with pharmacist while receiving medication pack

When receiving medicine pack, be sure to check with pharmacist for any questions. Be sure your understanding on the details on the package inserts, and confirm item by item to the following:

1. Your name is properly printed on medicine pack;
2. Be aware of drugs' title and quantity;
3. Make sure the usage of intake time and dose;
4. Make sure this is the right medicine for your symptoms;



5. Check the time period of medication for the treatment;
6. Clearly ask for the post-medication precautions, side effects and warning notes.
7. Consult with pharmacist if necessary;
8. Ensure that the appearance of drugs has not deteriorated, and their expiration dates and storage methods.
9. While purchasing the prescribed or ready-made drugs, please inspect whether or not the packages are printed with DOH-approved drug permit numbers and valid dates.

Labeling of the Medicine Bag and Medicines

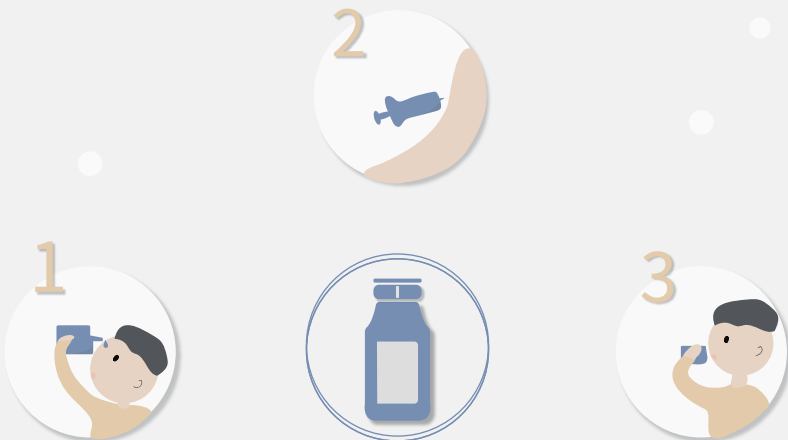
When customer service departments of medication institution deliver medicine to patients, they should include the name, gender, name of medicine, dosage, quantity, usage, effects or indications, warnings and side effects, the name and location of the medical institution, the name of the pharmacist, and the date when prescription was made up (by day, month, and year)

Read clearly the labeling of Medicine Bag and Medicines

1. Clear medicine bag labeling can help patients use medicine correctly, understand their effects, and reduce the damages from side effect. When visiting different doctors for treatment, can help doctors prescribe the correct medicines.
2. Verifying the name of the medicine, the amount per unit, the dosage, the way to use it, and amount to take on the medicine bag and to verify if the name of the medicine and quantity is the same as that inside the bag.



3. After taking out the medicine from the original medicine bag, one should put them back to the same bag. Be careful that when taking out many different types of medicine for checking of possibility of putting the medicine back into the wrong medicine bags leading to consuming the wrong medicine.
4. If the medicine prescribed is different from the previous ones, it is possible that the doctor changed the prescription or uses the medicine from different companies. However, it may be a wrong prescription; so should ask the pharmacist first and be clear that it is correct before taking the medicine.
5. Knowing why to take the medicine: for the medicine name, usage, content, and quantity. If the quantity is incorrect, taking the medicine may be ineffective or over dosage may occur.
6. Do you know how to take the medicine? The quantity (the number of pills each time), the frequency (how long before taking it), when to take it, how long the treatment period is, and the method of taking the medicine.
7. Do not use the external appearance to determine how to take the medicine: tablet or capsule may not necessarily be orally taken, and liquid inside bottles may be taken as eye drops, injection, or oral dosages. You must read the instructions clearly before taking.
8. Do you know the expected reaction, therapeutic effect, side effects, and things to pay attention to after taking the medicine?



How to take medicine



When receiving medicine pack, you should check its quantity, ensure the dosage and time period of taking, and notices of the following:

1. Internal drugs should be taken with warm drinking water.
2. Drugs must be taken under the scheduled time.
3. Taking drugs within the regular time frame before or after the meals.
4. Do not take drugs along with tea, juice, milk or coffee, etc. stimulating beverages.
5. Taking drugs according to instructed dose of doctor's prescription. Do not change or stop taking drugs without doctor's instruction.
6. Whenever recalling a missing dose, take it immediately. Do not take the missing dose if next instructed dosing time is approaching.
7. After taking medicine, if no effectiveness to the symptoms or any unusual condition or side-effect occurred, advise doctor immediately.
8. Notice the drug's name, warnings and expiration period on the label.
9. After recovery, stop taking drugs and should not share the unused drugs to others.
10. Consulting with your physician or pharmacist for any questions regarding to the medication.
11. Two or more different kinds eye-drops should be applied with 5-10 minutes intervals.
12. Topical creams for external use should be not swallowed or applied to eyes.

Instructions for taking medicine

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:

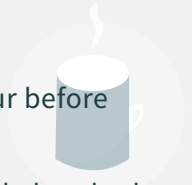
Four times daily: Take the medicines at breakfast, lunch, dinner and before bedtime

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 time.

Warnings



All of hospital, clinics or pharmacy will provide their medication pack with detailed information including usage, dosage, side-effects, indications, etc. Before taking medicine, you must carefully read contents and warnings on medication pack or package inserts.

1.Side-effects:

(1)When quoted with “this drug may cause drowsiness or dizziness”, or “after medication, you should pay more attention on driving or operating machinery” warning, means it will prevent you from doing concentration required task.

(2)When quoted with “during the medication period, do not take any alcohol related beverage!” warning, means it may prolong the medication effectiveness or drowsiness.

(3)Warning of “during medication, avoid sun exposure!” is usually indicated on sulfa drugs and whitening products.

2.Special usage:

(1)Warning of “take it by swallowing, no grinding or chewing”, indicates it’s not tasty. For example, drugs in sustained releasing dosage form and enteric coating dosage form are not suitable for chewing.

(2)Warnings of ”keep in low temperature”, means after receiving medication pack, it should be kept in the refrigerator.

(3)Warnings of “shake well before use” which is often indicated on liquid suspension, liquid antibiotic, or eye drops.

3.Pregnant woman and breast-feeding:

Warning of “pregnancy, pregnancy potentials or breast-feeding women are prohibited”, means pregnant woman or breast-feeding mothers are not suitable to take the drugs.



4. Drugs' interaction:

(1) Warning of “at least 2 hours or more of interval is required for each dosing time while taking with irons, or antacids” is often indicated on antibiotic drugs like Quinolone antibiotics, because iron, milk or antacids will interfere with their absorptions and effects.

(2) Warning of “do not take together with grape fruit juice”, means the mixture of calcium channel blockers, macrolide immunosuppressants and ergot derivatives, etc. with grape fruit juice will affect absorption and metabolism of medicine.

Your friendly neighborhood--the pharmacy in a community

A community pharmacy is a place where a professional pharmacist sells and dispenses drugs. It acts like a 7-11 or the health center in the community, and provides the newest drug information and the knowledge of safe medications. Besides, it helps the community residents taking good care of themselves by providing instruction drugs, and assists the community residents in sorting or classifying their medications. The functions of a community pharmacy are as follows:

1. Dispensing --confirm prescriptions, establish patient drug profile, dispensing, give instructions of drugs, avoid doubling medications.
2. Drug supply--Provide prescription drugs, instruction drugs, health food and nutrition food.



3. Medicine care--Dispense the prescriptions of chronic diseases, arrange medications and explain prescriptions.
4. Medicine consultation --Provide medicine information, drug knowledge, safe medications and medicine educations.
5. Health consultation -- Provide consultation on health care, prevention of contagious diseases, patient guide, smoking cessation, weight losing and drug abusing.
6. Providing safe, convenient, cost-saving, time-saving and substantial drug related services.

Non-prescription drugs include instruction drugs and Over-the-Counter(OTC)drug, people can purchase these groups of drugs in community pharmacies without physicians' prescriptions. The characteristics of non-prescription drugs are: safe, effective, convenient, preventive or relieving. People can purchase them freely and use them according to pharmacists' instructions or explanations on package leaflet or label.

