

Managing Your Medicines

如何管理藥物

Toolkit No. 24

健康手冊（二十四）

When you're taking several medicines, it can be hard to keep track of them. But you'll feel better if you take steps to manage your medicines. These tips can help you stay healthy:

當您同時服用多種藥物時，可能很不容易記得自己到底吃了藥沒。但如果能採取步驟來管理自己的藥物，應該就會好多了。下面這些秘訣可以幫助您維持健康：

- Know the basics about your medicines, such as what they're for and when to take them.
- Take your medicines as recommended.
- Tell your health care providers which medicines (prescription and nonprescription) and dietary supplements (such as vitamins) you use.
- 對藥物有基本的瞭解，譬如用途和服用時間。
- 按照指示服藥。
- 告訴醫師自己所服用的藥物（包括處方和非處方）以及膳食補充品（如維他命）。

Knowing the basics

對藥物有基本的瞭解

Ask your health care provider or your

pharmacist these questions about your medicines. Write the information on the "My Medicines" chart.

請向醫師或藥師詢問下列有關自己所服用藥物的問題。請將所得到的答案填入「我的藥物」表格。

- What are the names of my medicines (brand and generic names)?
- What's the strength? (for example, the number of milligrams, abbreviated as mg)
- What's this medicine for?
- How long will it take this medicine to work?
- How much should I take for one dose?
- When should I take it? How many times a day? At what times?
- Should I take it on an empty stomach?
- Should I avoid any foods or medicines when I take it?
- Should I avoid alcoholic beverages when I'm taking this medicine?
- How does this medicine affect my blood glucose (sugar) level?
- Do I need to avoid driving when I take this medicine?
- What side effects might happen with this medicine?
- What should I do if I experience side effects?

- What should I do if I miss a dose?
- How should this medicine be stored?
- How long will this supply last? What about refills?

- 藥物的名稱是什麼（品牌名和成分名）？
- 藥的劑量為何？（例如毫克數，毫克的縮寫為 mg）
- 藥物的用途為何？
- 服藥之後多久會有效果？
- 每次該服用多少量？
- 應在何時服用？一天要服用幾次？各在何時？
- 我應空腹服用嗎？
- 服用藥物時應避免跟食物或其他藥物併服嗎？
- 服用藥物時應避免喝含酒精的飲料嗎？
- 這藥對我的血糖濃度有什麼影響？
- 服用藥物時應避免開車嗎？
- 這藥可能會有什麼副作用？
- 如果出現副作用，我該怎辦？
- 如果錯過服藥時間，我該怎辦？
- 這藥應怎麼存放？
- 這是多久的藥量？我要怎麼再取藥？

Taking your medicines as recommended 按照指示服藥

When you don't take a medicine as prescribed, the effect on your health can be unpredictable—or even dangerous. If you're not taking your medicine, think about the reasons. Are there unpleasant side effects? Is the medicine too expensive? Is it hard to remember to take it? Tell your health care providers. They may be able to help.

如果沒有按照處方服用藥物，對健康的影響是難以預料的，有時甚至會很危險。如

果沒有服用藥物，那麼可以想想原因為何。是不是有難受的副作用？是藥物太貴了嗎？還是記不得要吃藥？請將這情況告訴醫師，讓他們來幫助您。

Tips to help you remember to take your medicines 讓自己記得服藥的秘訣

- Try using a pill organizer with a compartment for each day of the week.
- Link your pill-taking to something in your daily routine. For example, take your morning medicine right after you brush your teeth.
- Use a chart to check off when you've taken your medicines.

- 試著使用有七個小格的藥物分類盒，一格代表每週的一天。
- 將服藥這件事與每天都要做的事聯想在一起。比方說，可以在刷牙之後馬上服用早上的藥。
- 用表格來幫助自己記憶，只要一吃藥就在表格上打勾。

Telling your health care providers about your medicines 告訴醫師自己所服用的藥物

Some combinations of prescription medicines, nonprescription medicines, and dietary supplements can be harmful. Each of your health care providers should be aware of all of the medicines you take, including nonprescription medicines (such as aspirin and laxatives) and dietary supplements (vitamins, minerals, herbs, and other substances). Use the "My Medicines" chart to list all of your medicines. Take a copy with you when you see each of your health care providers. You can also give a copy to a

friend or a family member.

併服處方藥、非處方藥及膳食補充品，有時可能會對身體有害。幫您看病的每位醫師都應知道您所服用的藥物，包括非處方藥（如阿斯匹靈及瀉藥）以及膳食補充品（維他命、礦物質、草藥及其他藥品）。請使用下面「我的藥物」表格來列出您服用的所有藥物。當您看醫師時，可以影印一份一起帶去。您也可以影印一份給朋友或家人。

Real-Life Stories from People with Diabetes

The herbal supplement from the health food store was all natural so I didn't think it could do any harm. I told my doctor about it and then I learned that it could keep my blood pressure medicine from working.

Bernice L., age 75 • type 2 diabetes

糖尿病患者的真實見證

我以為從健康食品店買的草藥補充品都是全天然的，不會有任何不良的影響。但在告訴了我的醫師後，我才知道這可能會讓我的降血壓藥無法發揮藥效。

第 2 型糖尿病患者 Bernice L., 75 歲

My Medicines

Name and strength* of medicine	Used for	How much to take	When to take	Notes**	Date started
Prescription medicines					
Nonprescription medicines and dietary supplements (vitamins, minerals, herbs, and other substances)					

