



Your Pharmacist can...

- A.** Offer one-on-one medication counselling
- B.** Offer advice on choosing non-prescription products for minor ailments
- C.** Provide vaccinations including flu shots and pneumonia shots.
- D.** Help you evaluate each medication for safety and effectiveness and discuss with your doctor with any recommended changes.
- E.** Allow you to ask any questions or concerns you have related to the medications
- F.** Provide blood pressure management for people with high blood pressure.

Usage of Chinese herbal medications can cause counter effects! Let your pharmacist or family physician know!

Medication tips



Book a time with your pharmacist to learn more about the prescribed medications

What time is the best time to take your prescribed medications?

The recommendation is:
For
2 times/day = take every 12 hours
3 times/day = take every 8 hours

These are suggestions only; you should follow your doctor's final instructions



Before going to bed, adapt these habits to improve quality of sleep:

- Turn off the television
- Remove electronics
- Dim your room lights
- Find a quiet environment
- Avoid agitation (arguing)
- Do not eat a large meal
- Do not drink caffeine

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你的藥劑師可以...

- A. 提供一對一的藥物諮詢
- B. 為輕微疾病提供關於如何選擇非處方藥物
- C. 提供疫苗接種, 包括流感和肺炎疫苗
- D. 幫助您評估每種藥物的安全性和有效性, 並會與您的醫生談談任何改變建議。
- E. 允許您提出與藥物相關的任何問題或疑慮
- F. 為血壓高的人提供血壓管理方法。

同時使用中藥和西藥可引起反效果!

記得先詢問你的醫生或藥劑師

用藥提示



預約時間見您的藥劑師了解更多的有關處方藥物

什麼時間服用藥物是最好的?

如果處方藥建議:
每天兩劑 = 每12小時服用一次。
每天三劑 = 每8小時服用一次。

這只是建議, 最終是跟隨醫生的指示



想睡得好, 要改變習慣:

- 關掉電視
- 關掉電子產品
- 昏暗房間燈
- 尋找一個安靜的環境
- 避免在睡前激動(爭論)
- 睡覺之前不要吃大餐
- 不要喝咖啡因

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