

Guidelines on Taking Medicines

1. When you receive medicine from your pharmacist or doctor, you must understand fully how to use your medicine before you leave. Listen carefully to the instructions and check against the label on the medicine container. Always ask when you do not understand the instructions or when they are not clear. You should know the following:
 - name and strength of the medicine
 - purpose of the medicine
 - directions for use, which must be on the label
 - any activity/food/other medicines to be avoided
 - any side-effects to look out for.



2. Be sure you follow the instructions. Do not exceed the stated dose or treatment period.
3. If you are prescribed antibiotics, make sure you complete the prescription.
4. Discard medicines that have expired as they may no longer be effective.
5. Do not keep any medicines for more than 6 months.
6. Pregnant women and the elderly should consult the doctor before taking any over-the-counter medicines.

Always check with your pharmacist before taking any over-the-counter medicines.