

## Tell Your Doctor What Medicines You Are Taking

告訴您的醫生您在服用什麼藥物

### Medicines Can Be:

藥物包括:

- Those prescribed by your doctor  
您的家庭醫生給的藥
- Those prescribed by other doctors, specialists or from the hospital  
其他醫生, 專科醫生或醫院給的藥
- All medicines brought from your health food store, supermarket, pharmacy or herbalist  
所有從健康食品店 超級商場, 藥店和 中醫或草藥師處買來的藥
- All medicines obtained from herbalists and any other alternative or complimentary therapist  
所有草藥師和其他非醫療醫生給的藥
- Those obtained from any family, relative or friend  
從家庭成員, 親戚或朋友處得的藥
- All Vitamins  
所有的維生素

## Help Your Doctor Manage Your Medicines

協助您的醫生來管理您的用藥

在這篇文章出版時, 上述的電話號碼是對的, 但沒有不斷地更新。您可能需要查看電話簿上的電話號碼。



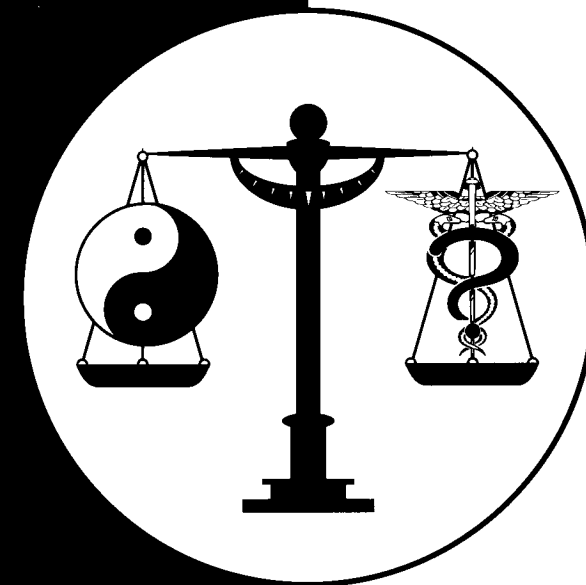
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醫生來管理  
您的用藥

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Your  
Doctor  
Manage  
Your  
Medicines

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St George Division of  
General Practice

## Help Your Doctor Help You

幫助您的家庭醫生  
來幫助您

Although Traditional Chinese Medicines may be relatively safe, there is evidence that dangerous side effects and deaths have occurred.

儘管傳說的中藥較為安全，  
但仍有證據顯示由中藥引  
起的嚴重副作用或甚至死亡。

Your doctor can advise you about possible interactions between the medicines you are taking. Please inform your doctor of any changes to your health.

醫生會告訴你哪些藥物不  
能合用。請將你的任何病  
情變化告訴醫生。

Tell your doctor how you prepare your herbal medicines and take all of them with you when you visit your doctor.

帶上你正在服用的所有藥物。  
告訴醫生你是如何煎煮中藥。

Ask your doctor for a Medicine Record Card to help you keep a list of what you are taking and what it is for. Ask your doctor and herbalist to record all the medicines you are using.

向醫生及中醫師或草藥師索  
取一個藥物卡來記錄你的用  
藥以及它們的用途。

It is important that your herbalist has appropriate qualifications. Only use an accredited herbalist (eg Australian Acupuncture and Chinese Medicine Association or Australian Traditional Medicine Society).

咨詢一個有澳州認可的中  
醫或草藥師是很重要的。確  
認你的中醫或草藥師有AACMA  
(澳州針灸和中醫學會)或ATMS  
(澳州傳統醫學會)的認可。

## Important!

請注意!

Always store your Medicines away from children in a cool dry environment

所有的藥品應保存在陰涼，  
干燥及兒童拿不到的地方。

Be aware that Herbal Medicines may interact with other medicines you are taking

請注意，中藥有可能和其它  
藥品產生相反作用。

Use a Medicine record card to keep track of all medication and herbs you are using

用一個藥物卡來記錄所  
用的西藥和中藥。

Never use someone else's medication or give yours to someone else

絕對不要用他人給你的藥  
物或將你的藥物給他人使用。

