

get to know your medicines

www.nps.org.au

Medicines List

藥物清單



National Prescribing Service Limited



藥劑中文 – TRADITIONAL CHINESE – ENGLISH



Call Medicines Line to speak to a qualified pharmacist about medicines. Medicines Line is not an emergency service. Available Monday to Friday, 9am–6pm (EST) for the cost of a local call.

緊急聯絡方式  
(Emergency contact)

If you need an interpreter see below:

請打電話給“醫學熱線”(Medicines Line)，與具備資格的藥劑師商量有關藥物的問題。如果需要口譯員，請撥電話號碼131 450給翻譯和傳譯服務處（全國口筆譯服務處），要求與NPS醫學熱線通話，號碼是1300 888 763。該熱線的工作時間是星期一到星期五的上午9時—下午6時（東部標準時間），按本地電話收費。

藥物過敏或副作用  
(Allergies or problems with medicines)

NPS is an independent, non-profit organisation for Quality Use of Medicines, funded by the Australian Government Department of Health and Ageing.

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## 藥物使用須知：

您可以詢問您的醫生或藥劑師：

- 藥物的作用
- 服藥時間及劑量
- 藥物何時開始見效
- 服藥時應該做什麼，不能做什麼
- 應該注意什麼副作用
- 如果出現副作用該怎麼辦

您的健康問題、過敏、家庭病史、生活方式及其它藥物也會影響用藥。

## 如何利用藥物清單

為了充分發揮藥物清單的作用：

- **及時更新藥物清單**
- 每次見醫生、藥劑師或醫務人員時，**出示**藥物清單
- **隨身攜帶**，以備急用。

如果您需要用更多的時間來覆核藥物，約見醫生時可預約加倍就診時間。

## Important things to know about your medicines

You can ask your doctor or pharmacist:

- what is my medicine for?
- when should I take my medicine and how much should I take?
- when will the medicine start working?
- what should I do and not do while using my medicines?
- what side effects should I be aware of?
- what should I do if a side effect occurs?

Your medicines may also be affected by your health problems, allergies, family history, lifestyle and other medicines.

## Using your Medicines List

To get the most from your Medicines List:

- **keep it up-to-date**
- **show it** to your doctor, pharmacist or health professional each time you meet with them
- **keep it with you** at all times in case of emergency.

Make a double appointment with your doctor if you want more time to review your medicines.

