

My Medication List 我的藥品清單

Name 姓名	Date of Birth (MM/DD/YYYY) 出生日期 (MM/DD/YYYY) / /
Primary Care Physician (PCP) 家庭醫生(PCP)	PCP Office Phone # 家庭醫生電話
Pharmacy 藥房	Pharmacy Phone # 藥房電話

My Drug Allergies 我的藥物過敏:

Note: This list is self-reported and may not be a complete list of medications taken by the individual.

Medication & Dosage 藥名 & 劑量	Reason taken 用藥原因	Doctor prescribed 開立醫生	Time(s) of day 每天用藥次數	Special instructions or side effects to be aware of 特別備註 (如:副作用,症狀,注意食物等)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Know Your Medication 了解您的藥物



Improve Quality of Life
提高生活品質



Decrease Pain and Discomfort
減少疼痛和不適



Prevent Complications
預防併發症

Talk with Health Care Professionals to ...

- Understand and take your medication as directed to prevent heart attacks, strokes, or treat infections.
- Review them at least once a year.
- Keep them informed about all of the medications and supplements you are taking.



對話· 與您的醫療團隊...

- 瞭解並遵醫囑服用您的藥物來預防它可能是為了預防心臟病發作或中風，或治療感染。
- 至少每年一次藥物審查。
- 及時更新您目前使用的所有藥物和補充品。

Questions to ask when taking NEW medications:

- ✓ What is the name and dosage of the medication?
- ✓ Why do I need it?
- ✓ How should I take it?
- ✓ What should I do if I miss a dose?
- ✓ What side effects might I experience?
- ✓ What foods or supplements should I avoid?

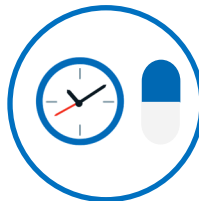


諮詢· 當使用新藥物的注意事項:

- ✓ 藥物的名字和劑量是什麼？
- ✓ 為什麼我需要服用此藥物？
- ✓ 要如何服用？
- ✓ 如果錯過服藥，我要怎麼做？
- ✓ 可能發生的副作用有哪些？
- ✓ 我需要注意避免服用哪一些食物或補充品？

Organize Your Medication

- Store them in a place that will help you remember to take them.
- Try to use one pharmacy to only have to pick up at one location.
- Always check that you take the right medicine!
- Do not take medication that is no longer needed or expired.



管理· 您的藥物

- 將您的藥物擺放在有助於提醒您服用藥物的地方。
- 固定使用同一家藥房，以便您可以在同一地點領取全部藥物。
- 每次確認自己服用正確的藥物！
- 不要服用不再需要或過期的藥物。

Refill Your Medication On Time

- Talk to your doctor about extending your prescription days and setting up automatic refills.
- Sign up for home delivery services.
- Manage your supplies, especially during travel.



補充· 您的藥物並按時領取

- 和您的醫生討論 延長您的處方藥天數、以及設置自動補充藥物服務。
- 註冊藥物郵寄到府的服務。
- 有外出旅遊計劃時，注意攜帶充足的藥品。