

Chapter 1 Pharmacists discussing Medicines

What is medicine?

Medicines are substances that can influence the (1) physiology, (2) psychology, (3) function, (4) structure of your body.

What can the pharmacist do for you?

1. The pharmacist practices at Hospitals clinics pharmacy pharmaceutical marketing identification inspection of public health and health education...
2. The pharmacy provides drug dispensing health food healthy food nutritional products women and children supplies medical equipment drug counseling self-care...

Is it very inconvenient when you see a doctor, you have to take the doctor's prescription to the pharmacy to get the filling?

1. It is the safest for patient for doctor to provide diagnosis and write prescription, and then. Pharmacist evaluating the prescription before filling it, based on the respective professionalism of each.
2. Like wearing the safety helmet, even though it is hot, it provides an additional layer of safety and guarantee.

Is it more convenient to fill the prescription at community pharmacy with chronic disease refills?

1. National Health Insurance Administration announces 98 types of chronic diseases that doctors can prescribe chronic disease refills when conditions are stable.

2. When refilling prescription at community pharmacies, there is no need to wait in line and pay registration fees, and no need to pay drug copayment.

How to dispose of unfinished medicine?

Dumping medicine into the soil will pollute it and destroy the environment. If people have unfinished medicine, for common family medicine, it is best to take the pills out of the package and collect them in a zipper bag. If there is any liquid medicine, pour it into the zipper bag as well. Then seal the bag and give it along with your garbage to a clean personnel. If it is a kind of genotoxic waste, such as antitumor drugs, take them back to the hospitals, and the hospital will handle them with other medical waste. Do not throw them away recklessly.

Are the medicine prescribed and received from community pharmacies the same as those from hospitals?

1. Specialty contracted pharmacies must handle prescriptions from all medical institutions and hospitals nationwide, so prepare many medicine items.
2. Recommend the public to first bring the prescription to the specialty contracted pharmacies, and let the pharmacists prepare the medicine items beforehand.
3. Drug companies are all world class C-GMP specification, producing medicine with the same quality and same efficacy.
4. As long as the drug items have the same dosage, dosage form, content, indications, by regulations, the specialty contracted pharmacies can serve as substitutes.

Is the community pharmacy your good neighbor?

1. Community pharmacies are located at all locations, so for any questions regarding medicine items, can seek consultation from pharmacist.
2. Community pharmacies have long operating hours, with many business items; they are a professional form of 7-11.

Adverse medical reactions reporting system -

Website: <http://adr.fda.gov.tw>

E-mail: adr@tdrf.org.tw

Tel: 02-2396-0100

Taiwan Drug Relief Foundation -

Website: http://www.tdrf.org.tw/ch/00_home/home.asp

E-mail: tdrf@tdrf.org.tw

Tel: 02-2358-4097



Chapter 2 What is medicine

“Medicine” is defined as: a material or mixture using for preventing, relieving or eliminating the syndrome or human disease, which may also recover or enhance human body’ s normal physical function, or to assist doctor’ s diagnosis.

It is said that “medicine is poison!” if you cannot use medicine properly. No matter its Chinese medicine or western medicine, once the medicine is being taken into human body, you can’ t tell the difference. It can “cure” and “kill” . Without pharmacist’ s instruction, it works one way or the other.

Classifications of medicine

- 1.By appearance: injections, oral medicine, external use, medical instruments.
- 2.By categories: Prescription drugs, instruction drugs, and over-the counter drugs.

Prescription drugs: doctor’s prescriptions required, and dispensed by professional pharmacist. The pharmacist dispenses the medicine under doctor’s prescriptions, and advises patient for the usage.

Instruction drugs: doctor’s prescriptions not required, can be purchased at community pharmacy and take it under the instructions of pharmacist and the package inserts.

Over-the-counter (OTC) drugs: OTC class B can be purchased at supermarket or drug store, while OCT class A&B can be purchased at community pharmacy. Patient can purchase freely and use it according to the instructions of package inserts.



Charter 3 How to take medicine

When receiving medicine pack, you should check its quantity, ensure the dosage and time period of taking, and notices of the following:

1. Internal drugs should be taken with warm drinking water.
2. Drugs must be taken under the scheduled time.
3. Taking drugs within the regular time frame before or after the meals.
4. Do not take drugs along with tea, juice, milk or coffee, etc. stimulating beverages.
5. Taking drugs according to instructed dose of doctor's prescription. Do not change or stop taking drugs without doctor's instruction.
6. Whenever recalling a missing dose, take it immediately. Do not take the missing dose if next instructed dosing time is approaching.
7. After taking medicine, if no effectiveness to the symptoms or any unusual condition or side-effect occurred, advise doctor immediately.
8. Notice the drug's name, warnings and expiration period on the label.
9. After recovery, stop taking drugs and should not share the unused drugs to others.
10. Consulting with your physician or pharmacist for any questions regarding to the medication.
11. Two or more different kinds eye-drops should be applied with 5-10 minutes intervals.
12. Topical creams for external use should be not swallowed or applied to eyes.

Instructions for taking medicine

1. Firstly, check to see if it is for internal use or external use:
 - (1) Oral drugs: confirm the correct usage and dosage, if it is taken by swallow, chewable, prior melted in mouth, or prior diluted with water, etc. and check if it's deteriorated or expired.
 - (2) For external use: confirm the portion to be applied, e.g. skin, eyes, ears, mouth, nose, rectum, vagina or via inhalation.
 - (3) To avoid contaminating drugs or wounds, wash hands carefully prior taking medicine.
 - (4) Shake well when using liquid suspension.
 - (5) Suppository is required to keep in refrigerator to maintain its shape. Drugs stored in refrigerator should be restored back to room temperature prior to usage.
 - (6) Be sure to cover the drugs tightly after usage.
 - (7) Do not use deteriorated or expired medicinal liquid. Eye drops must be discarded one month after opening.
 - (8) To avoid interactive transmission of virus or misusing drugs, do not use others' medicine.

2. Medication time:
 - (1) Drugs should be taken according to prescribed dosing time:
 - Four times daily: Take the medicines at breakfast, lunch, dinner and before bedtime
 - Three times daily: Take the medicines at breakfast, lunch and dinner
 - Twice daily: Take the medicines at breakfast and dinner
 - Once a day: a fixed time per day
 - (2) Before and after meals
 - Before meal (empty stomach): Take the medicines within an hour before meal or take them along with

Medicines taken before meal: Can be easily affected by food and absorbed with less gastrointestinal irritation.

After meal: Take the medicines within an hour after meal or take them immediately after meal.

Medicines taken after meal: Can be absorbed with the help of food to reduce gastrointestinal irritation.

Before bed time: half an hour before bed time.

(3) 4 times a day and 6 hours a day:

By different purposes:

4 times a day is for symptoms treatment, e.g. PANADOL.

6 hours a day is to maintain and stabilize blood concentration, e.g. antibiotic.

3. Medicine should be taken along with drinking water:

(1) The effectiveness of drug may be affected and resulted in interactions with juice (such as grapefruit juice), tea, coffee, or milk.

(2) To avoid drugs stay in esophagus too long and cause esophagus burns, do not lay down while taking medicine.

4. What to do if forgot to take medicine?

(1) Drugs for symptoms relief: it is Ok if forgot to take it, e.g. analgesics.

(2) Drugs for treatment or prevention: e.g. hypertension, diabetes. If you recall it within a short time after passing the prescribed dosing time, take it immediately. If it's close to next dosing time, do not take it.

(3) Drugs for taking before bed, no need to make it up in the day time.

Warnings

All of hospital, clinics or pharmacy will provide their medication pack with detailed information including usage, dosage, side-effects, indications, etc. Before taking medicine, you must carefully read contents and warnings on medication pack or package inserts.

1.Side-effects:

- (1)When quoted with “this drug may cause drowsiness or dizziness”, or “after medication, you should pay more attention on driving or operating machinery” warning, means it will prevent you from doing concentration required task.
- (2)When quoted with “during the medication period, do not take any alcohol related beverage!” warning, means it may prolong the medication effectiveness or drowsiness.
- (3)Warning of “during medication, avoid sun exposure!” is usually indicated on sulfa drugs and whitening products.

2.Special usage:

- (1)Warning of “take it by swallowing, no grinding or chewing”, indicates it’s not tasty. For example, drugs in sustained releasing dosage form and enteric coating dosage form are not suitable for chewing.
- (2)Warnings of ”keep in low temperature”, means after receiving medication pack, it should be kept in the refrigerator.
- (3)Warnings of “shake well before use” which is often indicated on liquid suspension, liquid antibiotic, or eye drops.

3.Pregnant woman and breast-feeding:

Warning of “pregnancy, pregnancy potentials or breast-feeding women are prohibited”, means pregnant woman or breast-feeding mothers are not suitable to take the drugs.

4.Drugs’ interaction:

- (1)Warning of “at least 2 hours or more of interval is required for each dosing time while taking with irons, or antacids” is often indicated on antibiotic drugs like Quinolone antibiotics, because iron, milk or antacids will interfere with

their absorptions and effects.

- (2) Warning of “do not take together with grape fruit juice” , means the mixture of calcium channel blockers, macrolide immunosuppressants and ergot derivatives, etc. with grape fruit juice will affect absorption and metabolism of medicine.



Chapter 4 Family Standing medicine

Self care is what one would use medicine for one's health in general. What is most important is the "self evaluation" of what symptoms one has, and for following the instructions for self care medicine and the basic knowledge on them. One should follow the pharmacist's instructions to use medicine.

Family standing medicine can allow instant cure for minor sickness. Each family should have a small quantity of safe and effective standing medicine and should learn to how use them safely and reasonably. This way, the standing medicine will be able to bring about the maximum effect.

The types of family standing medicine

1.Types of standing medicine taken orally:

- (1)Medicine for common cold: Common cold medicines, rhinitis ingots, cough ingots, phlegm ingots or cough syrup.
- (2)Antipyretic analgesics: in addition to anti-fever can also relieve pain.
- (3)Gastrointestinal medication: indigestion, upset stomach, diarrhea symptoms.
- (4)Other: motion sickness for cars, motion sickness drugs for planes, allergy drugs.

2.Types of standing medicine applied externally:

- (1) Iodine (2) anti-inflammatory ointment (3) alcohol (4)sore patch (5) anti-fever suppository (6) the eye drops (7)anti-itch creams(8) Other

Note

- 1.If an adult continually takes a common cold medicine for over 7-10 days, or have fever for over 3 days without symptoms improving, he or she should get treatment from doctor.

- 2.If there are any serious side effects, should stop taking the medicine and get treatment from doctors.
- 3.Do not take 2 or more types of antipyretic analgesics at the same time, or else the side effect and toxicity will be reinforced.
- 4.In medicine for the common cold, antihistamines are usually contained. This will create symptoms of drowsiness.
- 5.Preservation for special types of medicine:
 - Eye drops: Can be stored under room temperature. If there are special instructions, or requirement to be stored in the lower level of refrigerator, handle according to labeling. If unfinished after opening within 1 month, they should be discarded.
 - Anal suppository: As they will start to melt at temperatures above 30°C, most need to be refrigerated to prevent softening.
 - General liquid / suspension: like stomach milk, cold or cough syrup can be stored at room temperature, unless there are special instructions.

Conclusion

Family standing medicine is used to treat symptoms which are light and minor. However, if there is no improvement of the symptoms after using them, one should get treatment from doctors to delay the regrets from delaying treatment. Also, as family standing medicine is kept for the possible future use, each family member should know what type of medicine is available, where they are located, and how to use them.

Chapter 5 Health Foods

What are health foods?

1. Based on “Health Foods Management,” health foods refer to “foods with health efficacy, or foods labeled or advertised with their efficacies.” “Health Foods” is a legal term. The foods must be examined and approved by Ministry of Health and Welfare before they can be called “Health Foods” While the so-called “Healthcare Foods” sold on the market are actually ordinary foods that can only be regarded as nutritional supplements. Both are entirely different!
2. Although health foods accredited by Ministry of Health and Welfare are able to enhance health, but they do not possess any medical efficacy, and neither do they feature equivalent medical effects and unable to replace the regular drugs used in medical treatments.

Choose “Health Foods” wisely that bear the following insignias!

The accredited “Health Foods” are marked with “DOH Health Food Regulation No.” or “DOH Health Food No.”. Both of them are shown with a “standard green elliptical pattern.” These are guaranteed health foods examined by the Department of Health.



Health foods consumption precautions

While selecting health foods, you should first “STOP” and think calmly whether they are really necessary and whether they can enhance your health? Then “LOOK” at the packages carefully for the “standard green elliptical patterns” and “license numbers,” warning notes,” “precautions,” recommended dosages,” and “health efficacies.” Please pay attention to “LISTEN,” consult the physician, pharmacist, dietitian or other specialists before you can correctly purchase health foods that are beneficial to your health. As a reminder, “a balanced diet, normal rest and consistent exercise schedules” are indeed the best route to good health. For more information, please assess <http://consumer.fda.gov.tw/> to check out on “Consumer Knowledge Network on Food and Drug.”

