



香港紅十字會  
HONG KONG RED CROSS

# Handling Medicines Safely



Disease can be treated and controlled through the safe use of medicine. We need to take medicines as directed by doctors or healthcare professionals. Also, we should follow doctor's instructions as prescribed and have regular follow-ups. To prevent adverse side effects and control our health condition, we must take medicines properly.



## Reminder

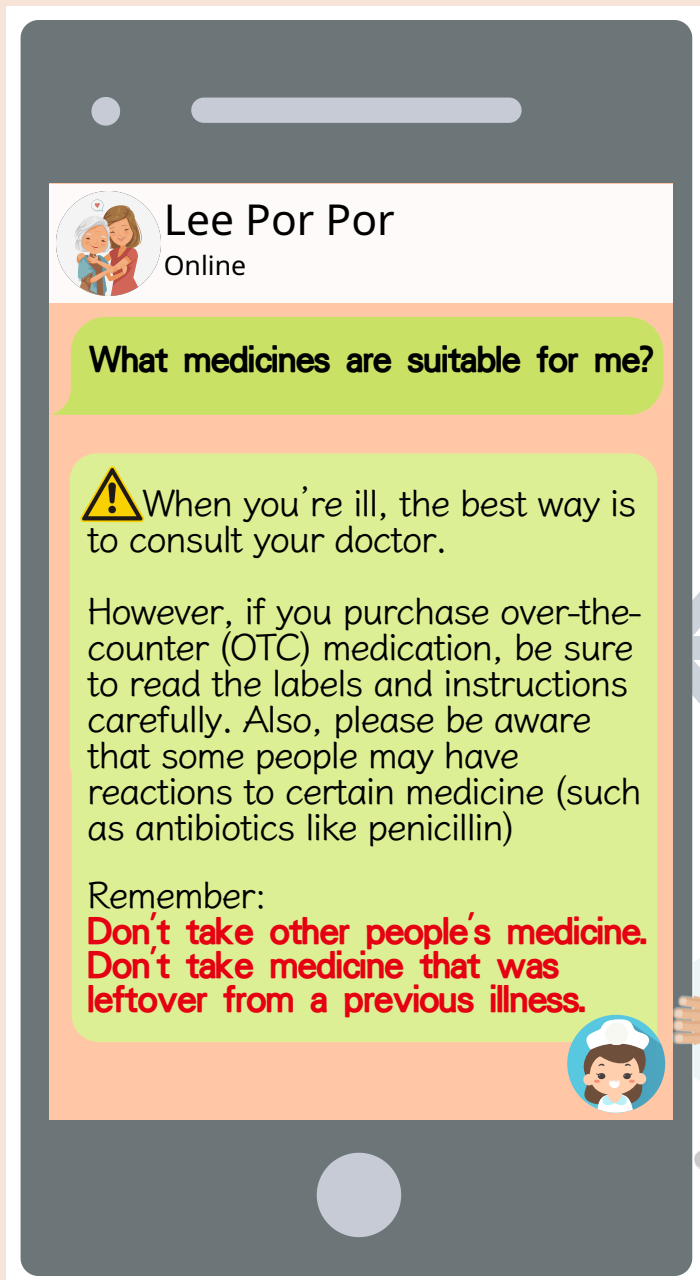
When seeking medical advices, please provide

- Personal medical history
- Allergy and adverse drug reaction records
- History of swallowing difficulties
- Current intake medicine ( prescribed drugs /OTC drugs)




After consultation with doctors, please **ensure the medication packings were labeled with your personal information.**

- Consult your doctor or pharmacist if in doubt
- Bring all current prescribed drugs with drug packages and labels when seeking medical advice.




**Lee Por Por**  
Online

**What medicines are suitable for me?**

 When you're ill, the best way is to consult your doctor.

However, if you purchase over-the-counter (OTC) medication, be sure to read the labels and instructions carefully. Also, please be aware that some people may have reactions to certain medicine (such as antibiotics like penicillin)

Remember:  
**Don't take other people's medicine.  
Don't take medicine that was leftover from a previous illness.**





## Advices on Medication

- Read the drug labels carefully. (Pay attention to details including dosage, dosing schedule, efficacy, contraindications, and side effects)
- Follow the doctor's instructions as prescribed and have regular follow-ups.
- Beware of adverse drug reactions. (Stop the drug immediately and seek medical advice if an allergic reaction was developed)
- Complete the whole antibiotics treatment course in order to cure the disease.
- If you miss one dose of your medication, don't make it up with an extra dose next time around.
- Take medicine with plain water.



### Children

- Should be supervised when taking any medicine. (with extra care taken when using medicines that come in the form of soft gel capsules)

### Pregnant and breastfeeding women

- Should not use or take medicines unless instructed by a doctor.
- Some medicines may pass into the placenta or breast milk and pose adverse impacts to the fetus or the infant.

### Elderly

- Elderly with swallowing difficulties should inform the doctor to prescribe a suspension format, tablets that can be taken crushed or split, and medicines other than the oral route.



Using simple medication records



Using pill container can break down doses by day and time.



Reminder by family or friends



Using smart pillbox or mobile clock app to remind medication time



Taking medications with a daily routine

### Tips

Prevent a missed dose

## Store your medicines securely

- Check the expiry dates of medicines and discard expired or spoiled medicines.
- Medicines in general should be kept in a cool and dry place, away from children. (Except for some specific drugs that remark to keep in the refrigerator)
- Always keep medicines in a container with the correct label.
- Do not mix other drugs in the same container.
- Keep medicines with different routes separately
- Always keep medication in a designated cabinet with a lock.
- Only split a pill into the portion you need to take at the moment.



### References:

Drug office, Department of Health Hospital Authority

The above information is for reference only.

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