

Pharmacist: your health partner in managing medication

Proper use of medication is important to ensure quick recovery and efficiency. Visit your local pharmacist for more information on the proper usage of medication.

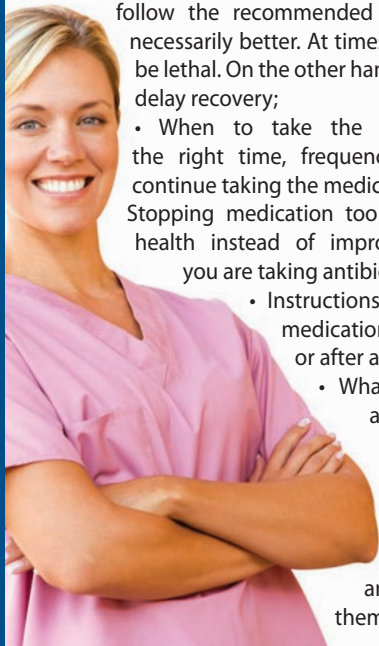
Q: There are many types of medication available to treat various ailments and symptoms. How do I know which to get?

A: Some drugs need a doctor's prescription, others are available over-the-counter.

Although medication can help to relieve ailments and improve our health, they can also jeopardise our health if they are not used properly. To help you get the best out of your medication, talk to your local pharmacist.

Your pharmacist can help you with the following issues:

- Informing you on the name of the medication and what it does;
- The strength and dosage of medication. Always follow the recommended dosage. More is not necessarily better. At times, taking too much can be lethal. On the other hand, taking too little may delay recovery;
- When to take the medication. Knowing the right time, frequency and how long to continue taking the medication is important. Stopping medication too soon can harm your health instead of improving it, especially if you are taking antibiotics;
- Instructions on how to take the medication, such as before a meal or after a meal;
- What to do if you miss a dosage;
- What to do if you experience some allergic reaction;
- Possible side-effects or long-term effects and how to counter them;



Professional guidance

Your local pharmacist can offer guidance on selecting over-the-counter medication:

• How to read the label.

The label contains all the vital information, such as, dosage amount, frequency, and any possible interaction with other drugs, herbs and supplements if taken together.

• To take note of the expiry date.

An expired product would be reduced in efficacy, and may not be effective to provide cure against the medical problem.

• The medication period of use.

Certain products such as eye drops are safe to use for a short period of time after they are opened, even though the expiry date may not be due.

• To take note that product is registered with the Ministry of Health.

All medications, including those over-the-counter and even health supplements and traditional medicines are required to be registered with the Ministry of Health and bear a registration number MAL followed by some numbers.

- Avoiding unwanted interactions. Certain food, drink, herbal supplements and drugs may interact adversely with the medication;
- Checking to see if medication is safe to be taken during pregnancy or while breastfeeding; and
- How to store medication so that it remains in good order and is effective.

If you have any issues on compliance, such as forgetting when to take medication or taking the wrong dosage due to complicated instructions, do pop by your local pharmacy and consult your pharmacist. **OHI!**