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"The Gateway to Your Health"



LABELS EXPLAINED

WITH PHARMACIST
DANE THOMAS



YOUR PHARMACIST

A pharmacist is that professional who is trained and licensed to dispense prescription drugs. Dispensing is the process of preparing medication for safe delivery to patients and therefore facilitating them to taking it in the prescribed manner.

Medication is dispensed in the form of; *tablets, capsules, liquids, creams, suppositories, pessaries, I.V. (Intravenous) and patches.* However, for the purpose of this handbook we'll just focus on the more often used forms.



"The Gateway to Your Health"

8 FAMILIAR LABEL INSTRUCTIONS



TAKE UNTIL FINISHED

This means none of the medication should be left even if you are feeling better.



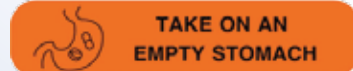
TAKE AFTER A MEAL

This means do not take the medication on an empty stomach, a meal does not have to be a heavy meal.



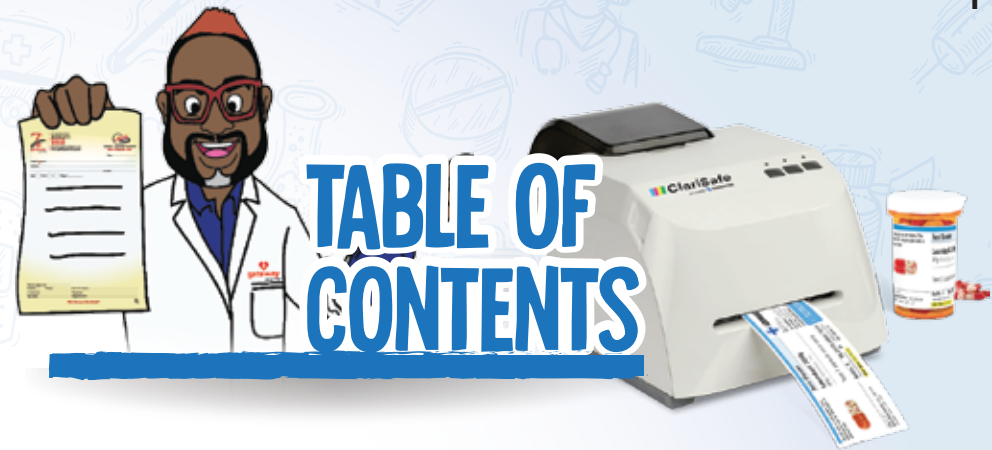
TAKE BEFORE A MEAL

This means take the medication on an empty stomach. Do not share medications. Consult with pharmacist.



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TABLETS AND CAPSULES



These are solids which should be taken by mouth. It is recommended to be taken with fluids that would allow for easy passage to the stomach.

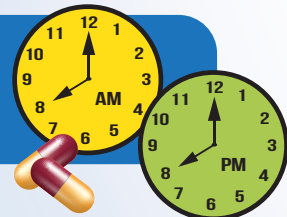


ONCE DAILY DOSING



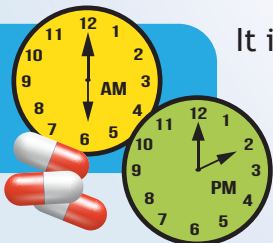
The doctor will prescribe how many tablets /capsules should be taken each time and how many times each day; **once daily, twice daily, three times daily or even four times daily.**

2 TIMES DAILY DOSING



If your label says take one tablet/capsule **two times daily** or **three times daily** what should I do?

3 TIMES DAILY DOSING



It is recommended that if the label says **'take two times daily'** you space each dose 12 hours apart and if it says **'take three times daily'** you space each dose 8 hours apart.



THE USE OF EYE DROPS

THE USE OF EYE DROPS



1.
Wash hands before use.



2.
Use fingers to gently pull down the eye creating a pouch.



3.
Use the other hand to apply one drop and repeat for the other eye if prescribed.



4.
Close your eyes for 10 seconds



5.
If you are using more than one eye drop, repeat steps 2 to 4.



6.
Cover the container and return to storage area.



7.
Wash hands after use.



CREAMS, OINTMENTS AND GELS

These forms of medication are generally used to treat skin conditions. Ointments are oil based and therefore will make the skin feel oily, creams and gels are water based and therefore will dry faster.



'APPLY TO THE AFFECTED AREA':

Use directly to that area of the skin where you have the ailment.

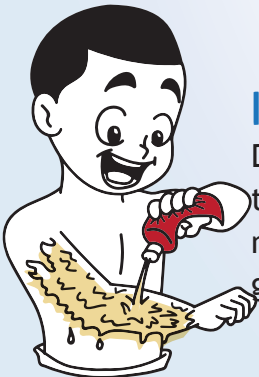
'APPLY SPARINGLY':

Use small amount, do not use more than a fingertip each time. Repeat if it's a large area and rub in the **cream/ointment/gel** until it vanishes.



IMPORTANTLY!

Do not use the cream/ointment/gel more often than the prescribed number of times, using it more often than prescribed will not make you get better faster.




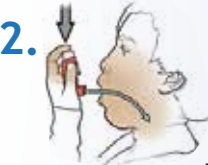




FOR PATIENTS WITH ASTHMA

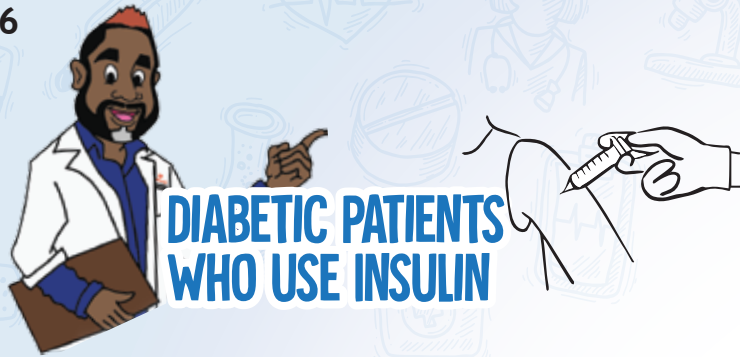
Asthma is a sickness that affects the lungs. Pumps are generally prescribed for asthma patients.

THESE PUMPS ARE IN TWO CATEGORIES

1. **Reliever** (use when having an asthmatic episode) and
2. **Preventer** (used to prevent an asthmatic episode)

HOW TO USE YOUR PUMP CORRECTLY

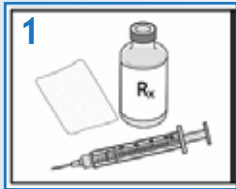
1.  Shake pump thoroughly for about 10 seconds.
2.  Empty your lungs by exhaling five times and then hold your breath.
3.  Place your lips firmly over the mouth of the pump and apply the prescribed number of puffs whether its 1, 2 or 3 etc.
4.  **DO NOT** swallow. Hold your breath for 7-10 seconds. This will allow the medication to get inside the lungs.
5.  If the medication comes through your nose, that means it did not get inside the lungs.
6.  When using your preventer, you should rinse your mouth with water after using it.



DIABETIC PATIENTS WHO USE INSULIN

Diabetes is a disorder where the body does not produce enough insulin in response to increased sugar levels.

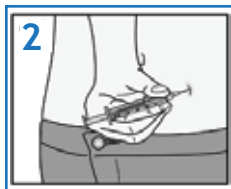
HOW TO USE YOUR INSULIN CORRECTLY



1

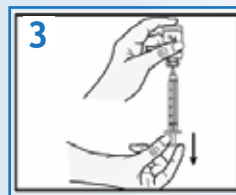
Remove the insulin vial from the refrigerator and gently roll in the palm of your hands. This allows for the insulin to adjust to your body temperature.

DO NOT SHAKE!



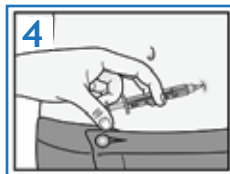
2

Select a fatty area on your skin (**belly, legs or arms**) and use alcohol pre-pad or cotton to clean the area where you intend to inject the insulin.



3

Place the insulin needle inside the vial and pull up the required amounts of units or if you are using the insulin pen adjust the pen to the required number of units.




4

Gently squeeze the area where you intend to inject the insulin and apply the insulin.



5

Clean the area with alcohol pre-pad and return insulin to the refrigerator.

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LIQUIDS (Solution and Suspensions)

Solutions are normally clear liquids. Suspensions may have small granules and require that you shake before drinking.



It is recommended to drink some water after drinking solutions or suspensions. This will help to get rid of any after-taste.

'SHAKE WELL':


You should shake the container for 5 to 10 seconds before taking the medication.



'REFRIGERATE':

Place in the refrigerator and not in the freezer section.



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