

出院時需了解自己用藥的情況。

當您將要出院的時候，醫院的工作人員將複查您所用過的藥物，並向您說明哪些藥物需在家服用。

需要做什麼？

您在住院期間可能已經換藥。您也許需要服用一些新藥。住院前曾服用的某些藥物可能已經停掉。

您在出院前可能會收到一份在家服藥的清單。這份清單將解釋您應如何服用這些藥物。

您如果沒有收到藥物清單，也可以自製一份。請登入 NPS Medicine Wise（NPS 明智用藥）網站，並輸入“keeping a medicine list（保留藥物清單）”。

請將換藥的情況告知您平時看的醫生、當地的藥劑師以及您就診的專科醫生。

您帶進醫院的藥物

院方會在您出院之時將您帶進醫院的藥物還給您。您帶進醫院的某些藥物如不再適合您服用，醫院的工作人員會在征得您同意之後將其銷毀。

如何服用藥物：

務必嚴格遵守用藥指示。如果有疑問或需要建議，請諮詢醫生或藥劑師。

未經諮詢醫生或藥劑師，不得改變劑量（即增加或減少藥量）。

除非經醫生或藥劑師指示，否則不可停藥。

千萬不要服用開給別人的藥物，也不要將自己的藥給別人服用。

新的藥物

如有需要，院方會向您提供新藥或新藥的處方；您可以在出院之後用處方到當地的藥房購買新藥。

如需繼續服用這些藥物，可在藥物用盡之前約見您當地的醫生（家庭醫生）以獲得新的處方。請到您當地的藥房用新處方購藥。

妥善保管藥物

請將藥物存放在兒童及寵物無法取得的乾燥涼爽的地方。請將藥物存放在原本的容器內。藥物標籤有重要的資訊。

MedicineWise 應用程式可助您用手機管理藥物。請登入這個網站下載此應用程式：
<https://www.nps.org.au/consumers/medicine-wise-app>

Taking your medicines

What you need to know about your medicines when you leave hospital

When you are ready to be discharged, the hospital staff will review the medicines that you have been taking and tell you which ones you should take at home.

What do you need to do?

During your time in hospital your medicines could have been changed. You might need to take some new medicines. Some of the medicines you were taking before coming into hospital may have been stopped.

You may receive a list of the medicines you need to take at home before you leave the hospital. The list will tell you how to take them.

If you do not receive a list, you can make one yourself. Go to the NPS Medicine Wise website and type in 'keeping a medicine list'.

Please tell your regular doctor, local pharmacist and any specialist you are seeing about the changes to your medicines.

Medicines you brought into hospital

If you brought medicines with you into hospital they will be returned to you when you leave. If some of the medicines you brought in are no longer suitable for you, hospital staff may dispose of your unwanted medicines with your permission.

How to take your medicines:

It is important to follow the directions closely. Ask your doctor or pharmacist if you are unsure or need advice.

Do not change the dose (take more or less of the medicine) without checking with your doctor or pharmacist.

Do not stop taking a medicine unless you have been told to by a doctor or pharmacist.

Never take a medicine that was prescribed for someone else, and don't give your medicines to anyone else.

New medicines

If you need any new medicines they may be provided for you by the hospital, or you may be given a prescription which you can take to your local pharmacy after you leave the hospital.

If you need to keep taking your medicine, make an appointment to get a new prescription from your local doctor before they run out. Take the new prescription to your local pharmacy.

Looking after your medicines

Keep your medicines in a dry, cool place that is out of reach of children and pets. Keep your medicines in their original containers. The labels contain important information.

The MedicineWise app can help you manage your medicines on your smartphone. It is available on the website:

<https://www.nps.org.au/consumers/medicine-wise-app>