

## Basic medical knowledge

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## What is a medicine

- Medicines are any substances that are meant to change the way your body deals with an illness or injury or to maintain your health and wellbeing no matter where you get them from.



<https://www.chf.org.au/pdfs/fac/fac-what-is-a-medicine.pdf>

## Form of medicine

- Medicines come in many as tablets, liquids, inhalers, drops, patches, creams, lotions, pessaries, suppositories and injections.

## Liquid Dosage Forms

- Syrup
- Injection
- Liniment



## Solutions

- Eye drop
- Nasal spay
- Mouth wash



## Suspension

- Milk
- Magnesium hydroxide



## Emulsion



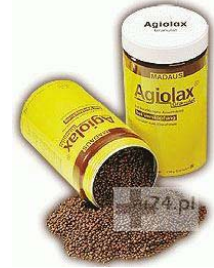
## Emulsion



## Powder

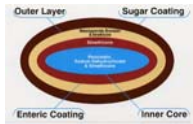


## Granules



## Tablets

- Coated tablet
  - Film
  - Sugar
  - Enteric



## Capsule

- Hard gelatin capsule
- Soft gelatin capsule



## Suppositories

- Vaginal Suppositories
- Rectal Suppositories



## Semisolid Dosage Forms

- Ointments, Creams, Pastes

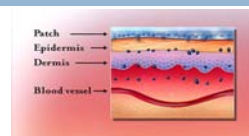


## Aerosol

### Propellants



## Transdermal patch

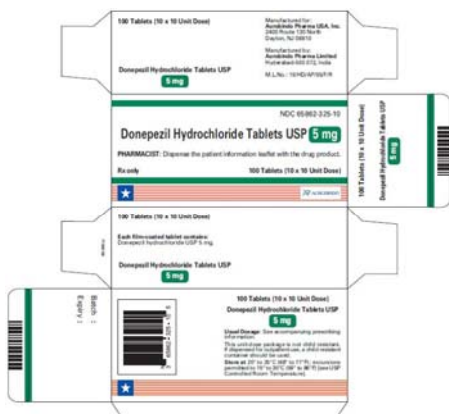


## Dry powder for inhalation (DPI)



## What is on the label

- Brand name
- Active ingredient
- Strength
- Instruction
- Special instruction, Warning
- Registration number
- Manufacturer
- Lot number
- Manufacturing date , Expiration date



<http://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?id=71162>



Brand name

Active ingredient



### Special instruction, Warning

**Avoiding Errors**  
At left, current labels used in many pharmacies and, at right, new wording and icons that studies show make labels easier to understand.

<p><b>DO NOT TAKE THIS DRUG IF YOU BECOME PREGNANT</b></p>	<p>Do not use if you are pregnant, think you are pregnant, or breast feeding.</p>	
<p><b>MAY CAUSE DROWSINESS. ALCOHOL MAY INTERFERE WITH EFFECT. USE CARE WHEN OPERATING A CAR OR DANGEROUS MACHINERY.</b></p>	<p>May cause drowsiness. Be careful when driving a car or using machinery.</p>	
<p><b>DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION</b></p>	<p>Do not drink alcohol.</p>	
<p><b>YOU SHOULD AVOID PROLONGED OR EXCESSIVE EXPOSURE TO DIRECT AND/OR ARTIFICIAL SUNLIGHT WHILE TAKING THIS MEDICATION.</b></p>	<p>Limit your time in the sun.</p>	

Source: Michael Wolf, Northumbria University, Archivist of Internal Medicine

<http://www.fidalawyersblog.com/2011/04/prescription-patient-informati.html>

### Right time

- **Before meal** : 30 minute before meal
- **After meal** : 15- 30 minute after meal
- **Immediately after meal, With meal**
- **Before bedtime** : night sleep (1 time aday)
- **As needed** : no symptom no medicine
- **Finish this medicine, Complete the course** : You should always finish a course of antibiotics

### Measuring

- 1 teaspoon = 5 milliliter
- 1 tablespoon = 15 milliliter
- 1 ounce ≈ 30 milliliter
- 1 cup of water ≈ 250 milliliter
- 1 grain ≈ 60 milligrams

### How to use eye drop

- 1 Tilt the head back
- 2 Create a pocket in front of the eye
- 3 Let the drop fall into the pocket w/o touching your eye or eyelid
- 4 Close your eye immediately w/o squeezing & blinking

<http://www.dupageeye.com/eye-drop-use.html>

## How to use eye ointment



## How to use rectal suppository

1. Wash your hands thoroughly with soap and water
2. If the suppository is soft, hold it under cool water or place it in a refrigerator for a few minutes to harden it before removing the wrapper.

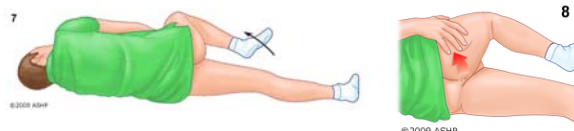


<http://www.safemedication.com/safemed/medicationTipsTools/HowtoAdminister/HowtoUseRectalSuppositoriesProperly>

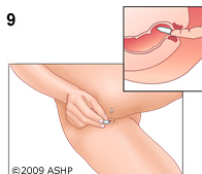
- Lubricate the suppository tip with a water-soluble lubricant such as K-Y Jelly, not petroleum jelly (Vaseline). If you do not have this lubricant, moisten your rectal area with cool tap water



- Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach
- Lift upper buttock to expose the rectal area



- Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum, about 1/2 to 1 inch in infants and 1 inch in adults. (If not inserted past this sphincter, the suppository may pop out.)



- Hold buttocks together for a few seconds
- Remain lying down for about 5 minutes to avoid having the suppository come out.
- Discard used materials and wash your hands thoroughly



## Expired medicine

- Always check expiration date before use.
- Do not take medicine ,if there are any changes in the appearance.
  - ▣ color faded
  - ▣ looks like it has absorbed moisture
  - ▣ Water and oil layer are separate
  - ▣ Not mixed together after shaking
  - ▣ Particles in suspension to settle out of the fluid

## Suggestions

- If you're not sure how to use the medicine, ask your pharmacist.
- *Do not* take someone else's *medicines*.
- *Do not share your medicine* with other .
- Take your medicine record and your allergy/reaction list with you to every doctor's appointment.
- Keep medicines away from heat, direct sunlight, and moisture
- Keep Medicine Away From Kids.

## Quiz



1. What is the active ingredient ?
2. What is the potency ?



- What should be done before taking the Antacil Gel suspension ?

Thank you