

出院时需了解自己用药的情况。

当您将要出院的时候，医院的工作人员将复查您所用过的药物，并向您说明哪些药物需在家服用。

需要做什么？

您在住院期间可能已经换药。您也许需要服用一些新药。住院前曾服用的某些药物可能已经停掉。

您在出院前可能会收到一份在家服药的清单。这份清单将解释您应如何服用这些药物。

您如果没有收到药物清单，也可以自制一份。请登入 **NPS Medicine Wise**（NPS 明智用药）网站，并输入“**keeping a medicine list**（保留药物清单）”。

请将换药的情况告知您平时看的医生、当地的药剂师以及您就诊的专科医生。

您带进医院的药物

院方会在您出院之时将您带进医院的药物还给您。您带进医院的某些药物如不再适合您服用，医院的工作人员会在征得您同意之后将其销毁。

如何服用药物：

务必严格遵守用药指示。如果有疑问或需要建议，请咨询医生或药剂师。

未经咨询医生或药剂师，不得改变剂量（即增加或减少药量）。

除非经医生或药剂师指示，否则不可停药。

千万不要服用开给别人的药物，也不要将自己的药给别人服用。

新的药物

如有需要，院方会向您提供新药或新药的处方；您可以在出院之后用处方到当地的药房购买新药。

如需继续服用这些药物，可在药物用尽之前约见您当地的医生（家庭医生）以获得新的处方。请到您当地的药房用新处方购药。

妥善保管药物

请将药物存放在儿童及宠物无法取得的干燥凉爽的地方。请将药物存放在原本的容器内。药物标签有重要的信息。

MedicineWise 应用程序可助您用手机管理药物。请登入这个网站下载此应用程序：
<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>