

何为不良反应？

不良反应指的是与服药相关的潜在有害后果。这包括过敏与非过敏反应、药物相互作用以及副作用。

何为药物过敏？

药物过敏指的是涉及免疫系统的不良反应。

过敏反应可能较为轻微（如皮疹），这种情况您可以再次用药；也可能出现严重的过敏反应（全身性过敏反应），令您不能再次用药。

药物过敏反应可能立即出现（用药后一个小时之内）或者延迟至开始用药后数天或数周才出现。

过敏反应的症状可能包括：

- 皮疹、荨麻疹及/或瘙痒
- 气喘或其他呼吸问题
- 肿胀
- 全身性过敏反应

您在童年时有过的某些过敏反应到了成年未必会再次出现。您可以做过敏测试以确定童年时的过敏反应是否依然会对您造成影响。

用药后如果出现过敏反应，应立即停药并与您的医生联系。如果出现严重的过敏反应，则须拨打 000（急救电话）。

副作用

药物的副作用可能包括恶心、腹泻及头痛，并且通常是轻微及短暂的。这些症状不是过敏反应，您也许可以继续服用这些药物。

如何处理药物过敏及不良反应？

您在医院时，我们会问您是否对药物有不良反应，以便将药物反应情况录入您的病历。我们希望避免给您用之前曾出现不良反应的药物。请将以下情况告知我们：

- 什么药物曾导致（不良）反应
- 什么时候发生，以及
- 导致什么反应

在医院期间，如对您所用的药物有任何疑问，请随时咨询您的护士、医生或药剂师。

如出现（不良）反应，则请务必索要相关的书面资料，以便提供给您的照顾者、医生及药剂师。务必将药物不良反应的情况告知您当地的医生（家庭医生）及药剂师。

您如果曾对某种药物有过严重的（不良）反应，我们建议您随身携带相关的书面资料，以便在您需要医疗救治的时候提醒其他人。例如，将提示卡（alert card）放入钱包或手提袋；或佩戴 MedicAlert® 手镯或吊坠。

Medication allergies and adverse reactions

What is an adverse reaction?

An adverse reaction is the possible harmful effect related to taking a medicine. This includes allergic and non-allergic reactions, interactions between medicines and side effects.

What is a medicine allergy?

A medicine allergy is when an adverse reaction occurs involving the immune system.

Allergic reactions may be mild (rash) and you may be able to have the medicines again or reactions may be severe (anaphylaxis) and you should not have the medicine again.

Medicine allergies may be immediate (occurring within an hour of having the medication) or delayed, occurring days or weeks after the medication has been started.

An allergic reaction may include:

- skin rash, hives and/or itching
- wheezing or other breathing problems
- swelling
- anaphylaxis

Some allergies experienced in childhood may no longer affect you as an adult. You may want to have allergy testing to find out if your childhood reactions are still important.

If you are having an allergic reaction to a medicine, you should always stop the medicine and contact your doctor. If the reaction is severe call 000.

Side effects

Side effects to medicines may include nausea, diarrhoea and headache and are usually minor and temporary. These are not allergic reactions and you may be able to have these medications again.

What do you need to do about your medication allergies and adverse reactions?

While in hospital you will be asked if you have had any adverse reactions to medicines so we can document the reaction in your medical record. We want to make sure we do not give you a medicine you have had a reaction to in the past. Please let us know:

- which medicines caused a reaction
- when it happened and
- what the reaction was

Feel free to ask your nurse, doctor or pharmacist if you have questions about any medicines you are given in hospital.

If you have a reaction, make sure you are given information in writing about the reaction to share with your carers, doctors and pharmacists. Always tell your local doctor and pharmacist about any reactions you have had to medicines.

If you have had a severe reaction to a medicine, it is recommended that you carry written information with you to alert others in case you need medical attention. Examples of this include an alert card in your wallet or purse or wearing a MedicAlert® bracelet or pendant.