

何為不良反應？

不良反應指的是與服藥相關的潛在有害後果。這包括過敏與非過敏反應、藥物相互作用以及副作用。

何為藥物過敏？

藥物過敏指的是涉及免疫系統的不良反應。

過敏反應可能較為輕微（如皮疹），這種情況您可以再次用藥；也可能出現嚴重的過敏反應（全身性過敏反應），令您不能再次用藥。

藥物過敏反應可能立即出現（用藥後一個小時之內）或者延遲至開始用藥後數天或數周才出現。

過敏反應的症狀可能包括：

- 皮疹、蕁麻疹及/或瘙癢
- 氣喘或其他呼吸問題
- 腫脹
- 全身性過敏反應

您在童年時有過的某些過敏反應到了成年未必會再次出現。您可以做過敏測試以確定童年時的過敏反應是否依然會對您造成影響。

用藥後如果出現過敏反應，應立即停藥並聯絡您的醫生。如果出現嚴重的過敏反應，則須撥打 000（急救電話）。

副作用

藥物的副作用可能包括惡心、腹瀉及頭痛，並且通常是輕微及短暫的。這些症狀不是過敏反應，您也許可以繼續服用這些藥物。

如何處理藥物過敏及不良反應？

您在醫院時，我們會問您是否對藥物有不良反應，以便將藥物反應情況錄入您的病歷。我們希望避免給您用之前曾出現不良反應的藥物。請將以下情況告知我們：

- 什麼藥物曾導致（不良）反應
- 什麼時候發生，以及
- 導致什麼反應

在醫院期間，如對您所用的藥物有任何疑問，請隨時諮詢您的護士、醫生或藥劑師。

如出現（不良）反應，則請務必索要相關的書面資料，以便提供給您的照顧者、醫生及藥劑師。務必將藥物不良反應的情況告知您當地的醫生（家庭醫生）及藥劑師。

您如果曾對某種藥物有過嚴重的（不良）反應，我們建議您隨身攜帶相關的書面資料，以便在您需要醫療救治的時候提醒其他人。例如，將提示卡（alert card）放入錢包或手提袋；或佩戴 MedicAlert® 手鐲或吊墜。

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.