



用藥易讀手冊

Easy-to-Read Manual
for Medicines

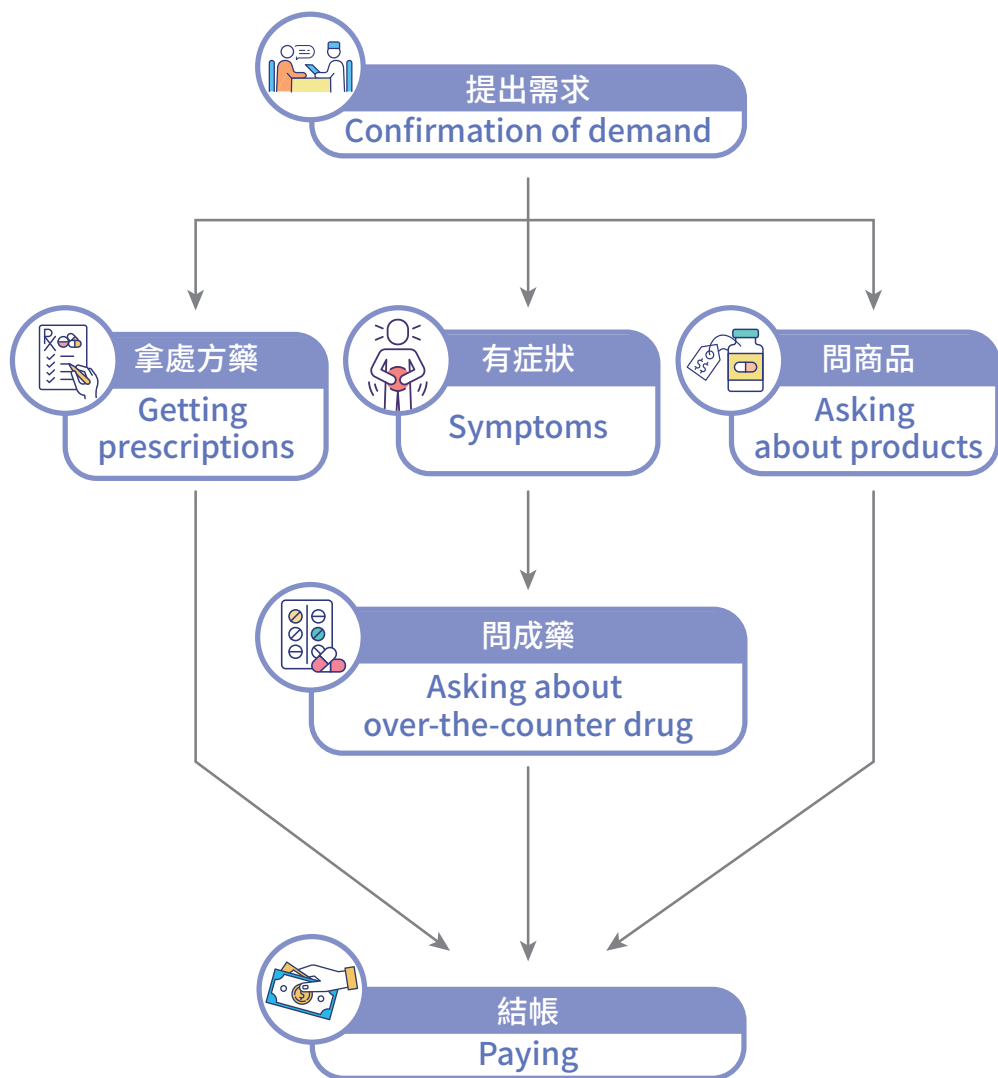


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流程圖 | Flow Chart



步驟 1

Step 1

請問您需要什麼服務？ What Service Do You Request?



拿處方藥 (至步驟 4)

Get prescriptions (go to Step 4)



處方箋

Prescription



健保卡

Health insurance card



問成藥 / 商品

Asking about over-the-counter
medications / products



結帳

Paying

步驟
Step 2

請確認以下資訊

Please Check The Following Information



- T: 旅遊史
Travel history
- O: 職業別
Occupation
- C: 接觸史
Contact history
- C: 群聚史
Cluster



藥物過敏
Medication allergies

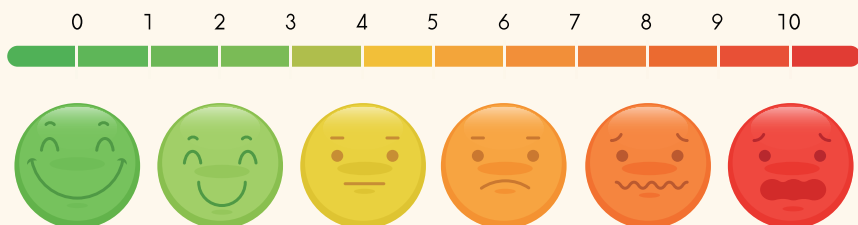
步驟
Step

3-1

請問您是否有以下症狀？

Do You Have The Following Symptoms?

疼痛程度 / Pain Scale



- 頭痛
Headache
- 眩暈
Dizziness



- 發燒、發熱
Fever or feeling feverish
- 畏寒
Chills

步驟 Step 3-1

請問您是否有以下症狀？ Do You Have The Following Symptoms?



- 眼睛痛
Eye pain
- 看不清楚
Blurred vision
- 眼睛癢
Itchy eyes
- 眼睛乾澀
Dry eyes
- 眼睛疲勞
Eye strain
- 針眼
Sty/Styes



- 流鼻水
Runny nose
- 流鼻血
Nosebleed
- 打噴嚏
Sneezing
- 鼻塞
Stuffy nose
- 嗅覺消失
Loss sense of smell



- 牙痛
Toothache
- 牙齦痛
Gum pain
- 嘴巴裡痛
Mouth pain
- 舌頭痛
Tongue pain
- 嘴唇破洞
Blister on lip
- 口角炎
Angular cheilitis
- 味覺消失
Loss sense of taste
- 唇疱疹
Herpes simplex/Cold sores



- 耳朵痛
Ear pain
- 耳鳴
Tinnitus
- 聽不清楚
Unable to hear clearly

步驟
Step 3-1

請問您是否有以下症狀？
Do You Have The Following Symptoms?



- 喉嚨痛
Sore throat
- 咳嗽
Coughing up
- 發不出聲音
Unable to speak
- 咳痰
Phlegm
- 沙啞
Hoarseness



- 脖子痛
Neck pain
- 脖子腫
Swollen neck
- 脖子無法轉動
Stiff neck



- 胸痛
Chest pain
- 心悸
Palpitation



- 呼吸困難
Breathing difficulties
/Short of breath
- 有喘氣聲
Whizzing

步驟
Step 3-1

請問您是否有以下症狀？
Do You Have The Following Symptoms?



- 起疹子
Rash

- 蕁麻疹
Urticaria



- 腰痛
Waist pain

- 下肢痠麻
Lower leg pain



- 腹痛
Abdominal pain

- 胃痛
Stomachache

- 腹瀉
Diarrhoea

- 便秘
Constipation

- 脹氣
Flatulence/Gas/Bloating



- 陰部搔癢
Vaginal itching

- 生理痛
Period pain

- 陰道異常分泌物
Abnormal vaginal discharge

步驟 Step 3-1

請問您是否有以下症狀？ Do You Have The Following Symptoms?



- 小孩嘔吐
Child vomiting
- 小孩發燒
Child fever
- 沒有精神
Lack of energy
- 不吃飯
Loss of appetite
- 一直哭
Constant crying



- 孕婦腹痛
Abdominal pain in pregnant women
- 孕婦腹脹
Abdominal bloating in pregnant women
- 陰道流血
Vaginal bleeding
- 陰道流水
Watery discharge
- 有點擔心寶寶
Slightly worried about the baby



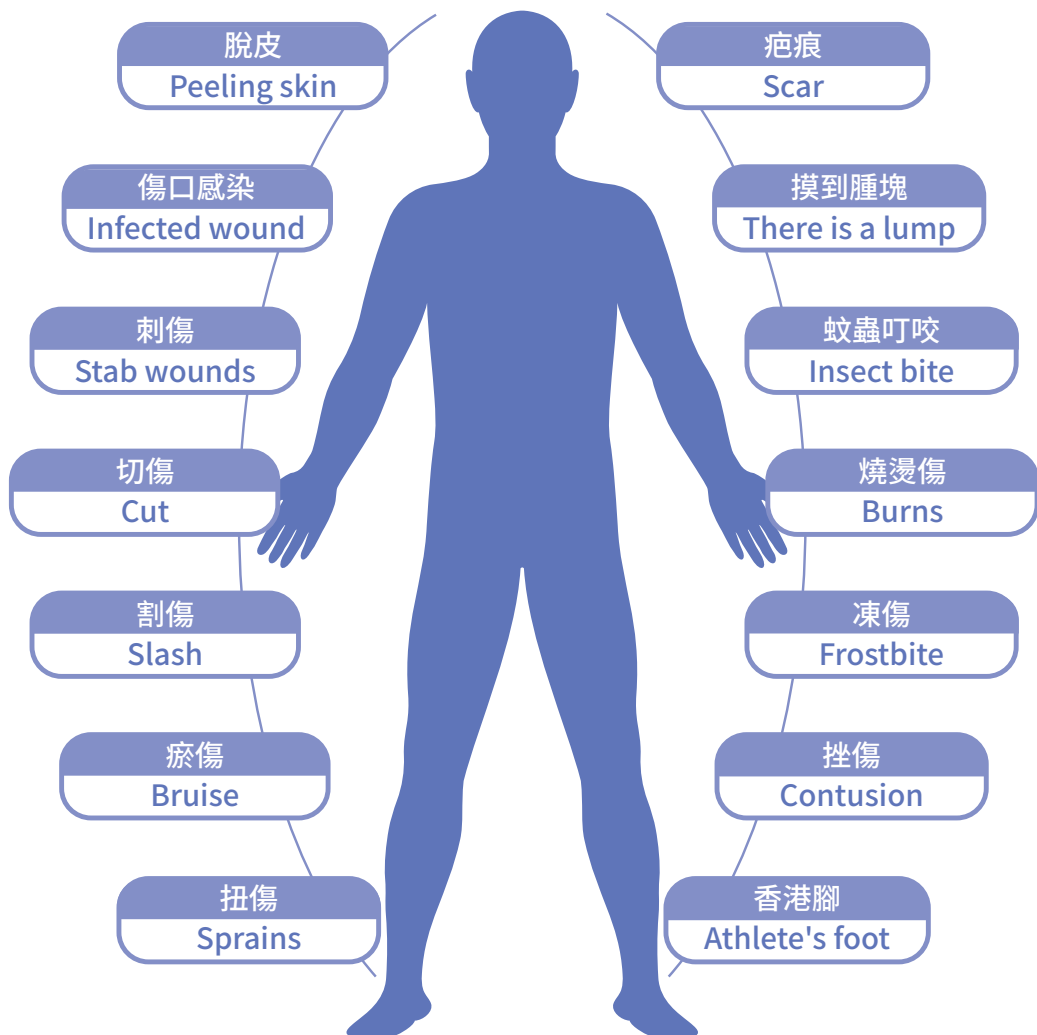
- 血尿
Hematuria
- 頻尿
Frequent urination
- 排尿困難
Difficulty urinating
- 排尿時有疼痛感
Pain during urination



- 膝蓋痛
Knee pain
- 無法彎曲
Unable to bend
- 無法走路
Unable to walk

步驟
Step 3-1

請問您是否有以下症狀？
Do You Have The Following Symptoms?



步驟
Step

3-2

您想買以下哪些商品？

What Would You Like To Buy The Following Products?



1. 感冒藥 Cold medicine
2. 止咳藥 Cough medicine / 止咳糖漿 Cough syrup
3. 抗組織胺 Antihistamines
4. 消腫藥 Decongestants
5. 制酸劑 Antacids / Acid reducers
6. 鎮痛藥 Analgesics / Pain killer
7. 退燒藥 Antipyretics / Anti-fever
8. 止瀉藥 Antidiarrheals
9. 輕瀉劑 Laxatives
10. 安眠藥 Hypnotic / Sleeping pills
11. 口服避孕藥 Oral contraceptives / Birth control pills
12. 緊急避孕藥 Emergency contraceptives
/ 事後避孕藥 Morning after pills

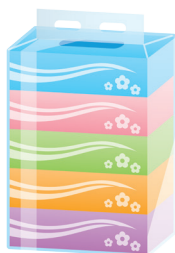
非處方用藥 Over the Counter Drug, OTC

步驟
Step

3-2

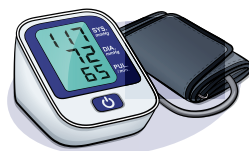
您想買以下哪些商品？

What Would You Like To Buy The Following Products?



生活用品

Daily Necessities



健康護理器材

Health Equipment



營養補充品

Dietary Supplement



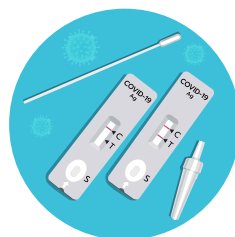
維他命

Vitamins



骨關節相關保健品

Bone and joint health products



COVID-19 快篩

COVID-19 fast screen

步驟
Step

3-2

您想買以下哪些商品？

What Would You Like To Buy The Following Products?



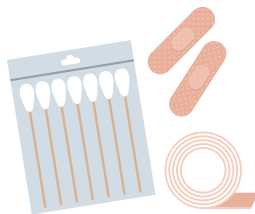
視力保健
Eye Health



口腔護理
Oral Care



睡眠保健
Sleep Health



健康護理
Health Care



身體護理
Body Care



肌膚護理
Skin Care

步驟
Step

3-2

您想買以下哪些商品？

What Would You Like To Buy The Following Products?



臉部護理
Facial Care



嬰兒用品
Baby Care



手足保養
Hand & Foot Cream



保險套、驗孕棒
Condom/Pregnancy tests



鼻部清潔
Acne Clean



化粧品
Cosmetics



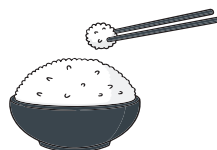
女性生理
Feminine Hygiene

步驟 4

藥品使用時間 Medication Taking Time

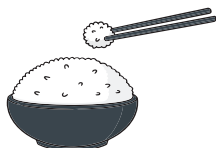
請空腹吃 on an empty stomach

吃飯前
Before meal



隨餐服用
With meal

吃飯後
After meal



與餐間隔
in every min/hrs between meals

30 分鐘
minutes

1 小時
hour

2 小時
hours

服用時機 Frequency	早上 Morning	中午 Noon	晚上 Evening	睡前 Before bed
每日 1 次 Once daily				
每日 2 次 Twice daily	●		●	
每日 3 次 Three times daily	●	●	●	
每日 4 次 Four times daily	●	●	●	●

每隔 ___ 小時服用 Take every ___ hours

視需要服用 Take as necessary

步驟 5

注意事項 Notes

藥局名稱
Name of pharmacy

調劑者姓名
Name of medication dispenser

警語或副作用
Warnings or side effects

藥品名稱、劑量
Name of medicine, dose

調劑年、月、日
Dispensing date, month, and year

病人姓名、性別、年齡
Patient's name, gender, age

用法、數量
Usage, quantity

藥局地點
Pharmacy location

○○醫院藥袋

科別：新陳代謝科 醫師：○○○ 調劑藥師：○○○ 日期：110.12.01

姓名：××× 性別：× 年齡：××

一天一次(固定於一個時間使用)，每次一粒隨餐服用

【用藥指示與警語】
用藥期間可能出現過敏、頭暈、呼吸困難、心跳變慢、水腫、體重增加等情形！

Carvedilol (藥品名) <6.25mg>/tab
【藥品中文名】：△△△錠

【用途】：治療高血壓、心臟衰竭
【藥品外觀】：黃色、圓形、錠劑
【數量】：28日份，共28粒

地址：臺北市信義區市府路
藥物諮詢電話：(XX)XXXX-XXXX 轉分機XXX

看懂藥袋上的資訊

Understand the information on the packaging of the medicine

服用後若有嚴重作用請攜帶藥物就醫

Seek medical advice with your medication if you experience a severe side effect



步驟
Step 5

注意事項
Notes



藥品存放在乾燥、陰涼處
Store medicine in a cool,
dry place



請把藥品存放於冰箱
Store medicine in the
refrigerator



請放於兒童無法取得處
Avoid placing the medication
in a place where children can
easily reach it



服藥請配白開水
Take medication with water



此藥品服用後尿液變深為正常現象
It is normal if your urine is darker after
taking this medicine

步驟
Step 5

注意事項
Notes



此藥禁止剝半服用

Do not take this pill in halves



此藥禁止磨粉服用

Do not crush to powder



此藥禁止孕婦及
哺乳中母親服用

Not for pregnant or
breastfeeding women



服藥後容易嗜睡請
勿駕駛交通工具

This medicine will make you drowsy;
Do not drive after taking



服藥後可能影響注意力
不可操作器械

This medicine may effect your concentration;
Do not operate machinery after taking

附錄 1
Appendix

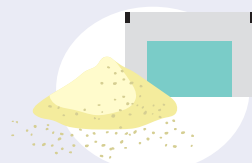
這個藥品是
This Medicine is



膠囊、錠劑
Capsules, tablets



藥水
Liquid medicine



藥粉
Powder

口服 / Oral



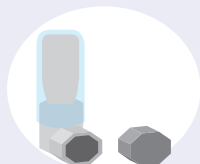
藥膏
Ointment



貼片
Patch



眼藥水
Eye drops



吸入劑
Inhaler



鼻噴劑
Nasal spray

外用 / External use

附錄 2
Appendix

服用後可能有以下副作用

The Following Side Effects May Occur After Taking Medication



頭痛
Headache



頭暈
Dizziness



肌肉痛
Muscle pain



疲倦、虛弱
Tiredness/Fatigue/
Weakness



拉肚子
Diarrhea



嘔吐、噁心
Vomiting/Nausea



便秘
Constipation



胃痛
Stomachache

附錄 2
Appendix

服用後可能有以下副作用

The Following Side Effects May Occur After Taking Medication



瘙癢性皮炎

Itching skin rash
(rashes)



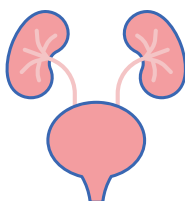
嗜睡

Drowsiness



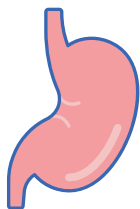
心悸

Palpitations



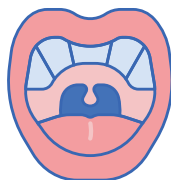
頻尿

Frequent urination



胃脹氣

Flatulence / Gas /
Bloating



口乾舌燥

Dry mouth



麻痺、抽筋、刺痛

Numbness / Cramping / Tingling

附錄 3 Appendix

藥品不可併同以下服用

You Shall Not Take Medications With
The Following

服用藥物時，請避免：

While using this medicine, you should avoid :



咖啡、茶、果汁（如葡萄柚汁）、
可樂、牛奶

Coffee, tea, juice (e.g. grapefruit juice),
coke, milk



深綠色蔬菜，如萵苣、花椰菜、
菠菜、蘆筍等食物

Dark green vegetables, such as lettuce,
broccoli, spinach, asparagus



任何酒精飲品

Alcoholic drinks

營業時間	Opening hours
付款櫃檯	Cashier
退稅櫃檯	Tax refund
掛號	Make an appointment
掛號單	Appointment number
健保卡	Health insurance card
處方箋	Prescription
初診單	Consultation
掛號費	Registration fee
部分負擔	Copayment
免除部分負擔	Copayment exemptions
自費醫療項目	Out-of-pocket medical expenses
退費	Refund
領藥號碼	Medication pick-up number
成藥	Over-the-counter drugs
副作用	Side effect
兌換	Redeem
接受付款方式	We accept ……
學名藥	Generic medicine

若症狀無緩解，請找醫生做進一步檢查

If you don't get better, please go to the doctor and get a checkup.

一般內科	General medicine
一般外科	General surgery
耳鼻喉科	Otolaryngology
精神科	Psychiatry
復健科	Physical medicine and rehabilitation
神經內科	Neurology
胸腔內科	Chest medicine/Thoracic medicine
牙科	Dental clinic
家庭醫學科	Family medicine
小兒科	Pediatrics
眼科	Ophthalmology
消化內科	Gastroenterology
泌尿科	Urology
心血管外科	Cardiovascular surgery
心臟內科	Cardiology
血液腫瘤科	Hematology & Oncology
骨科	Orthopedics
婦產科	Obstetrics & Gynecology
腎臟科	Nephrology
內分泌科	Endocrinology



臺北市政府衛生局

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