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Capsule Theme

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Primary Care

What is Primary Care?

In defining primary care, it is necessary to describe the nature of services provided to patients, as well as to identify who are the primary care providers. The domain of primary care includes the primary care physician, other physicians who include some primary care services in their practices and some non-physician providers. However, central to the concept of primary care is the patient. Therefore, such definitions are incomplete without including a description of the primary care practice.

The following five definitions relating to primary care should be taken together. They describe the care provided to the patient, the system of providing such care, the types of physicians whose role in the system is to provide primary care and the role of other physicians and non-physicians, in providing such care. All these form a framework within which patients will have access to efficient and effective primary care services of the highest quality.

Definition 1 - Primary Care

Primary care is care provided by physicians specifically trained for and skilled in comprehensive first contact and continuing care for persons with any undiagnosed sign, symptom or health concern (the "undifferentiated" patient) not limited by problem origin (biological, behavioral, or social), organ system or diagnosis.

Primary care includes health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses in a variety of health care settings (e.g., office, inpatient, critical care, long-term care, home care, day care, etc.). Primary care is performed and managed by a personal physician often collaborating with other health professionals and utilizing consultation or referral as appropriate.

Definition 2 - Primary Care Practice

A primary care practice serves as the patient's first point of entry into the health care system and as the continuing focal point for all needed health care services. Primary care practices provide patients with ready access to their own personal physician or to

an established back-up physician when the primary physician is not available.

Primary care practices are organized to meet the needs of patients with undifferentiated problems, with the vast majority of patient concerns and needs being cared for in the primary care practice itself. Primary care practices are generally located in the community of the patients, thereby facilitating access to health care while maintaining a wide variety of specialty and institutional consultative and referral relationships for specific care needs. The structure of the primary care practice may include a team of physicians and non-physician health professionals.

Definition 3 - Primary Care Physician

A primary care physician is a generalist physician who provides definitive care to the undifferentiated patient at the point of first contact and takes continuing responsibility for providing the patient's care. Such a physician must be specifically trained to provide primary care services.

Definition 4 - Non-Primary Care Physicians Providing Primary Care Services

Physicians who are not trained in the primary care specialties of family medicine, general internal medicine or general pediatrics may sometimes provide patient care services that are usually delivered by primary care physicians. These physicians may focus on specific patient care needs related to prevention, health maintenance, acute care, chronic care or rehabilitation.

Definition 5 - Non-Physician Primary Care Providers

There are providers of health care other than physicians who render some primary care services. Such providers may include nurse practitioners, medical assistants and some other health care providers.

These providers of primary care may meet the needs of specific patients. They should provide these services in collaborative teams in which the ultimate responsibility for the patient resides with the primary care physician.

Ubat dan Anda



Sebelum menggunakan ubat anda, soalan-soalan umum yang doktor atau pegawai farmasi perlu tujukan kepada anda sebelum menuliskan preskripsi ataupun memberikan anda ubat adalah..

Adakah anda mengalami sebarang alahan?

Jika 'ya,' nyatakan jenis alahan tersebut (samaada alahan kepada ubat, gigitan serangga ataupun makanan) dan juga jenis reaksi alahan yang dialami: samaada alahan itu ringan (seperti gatal-gatal, bengkak-bengkak kecil) ataupun alahan serius (kesesakan nafas, bengkak muka dan sebagainya). Maklumat ini adalah penting kerana sesetengah orang mempunyai alahan-bersilang (*cross allergy*). Pesakit ini akan mengalami alahan pada ubat dari kelas tertentu, mungkin akan mengalami alahan pada kelas yang lain juga. Contohnya individu yang mempunyai alahan kepada ubat *penicillin*, mungkin boleh mengalami alahan kepada ubat-ubat dalam kelas *cephalosporin*.

Adakah anda hamil, atau mungkin hamil?

Terdapat banyak ubat yang tidak patut diambil semasa mengandung kerana ia boleh menjejaskan kesihatan bayi dalam kandungan.



Adakah anda merancang untuk hamil dalam masa terdekat?

Terdapat pelbagai masalah perubatan dimana pesakit dikehendaki mengambil ubat untuk jangkamasa panjang seperti penyakit murung atau kelenjar tiroid. Anda akan dinasihatkan untuk tidak hamil apabila menjalani rawatan dengan ubat-ubat ini, kerana ia merbahaya kepada bayi dalam kandungan anda.

Adakah anda sedang menyusukan anak?

Kebanyakan ubat boleh meresap ke dalam susu ibu. Ini boleh membahayakan kesihatan anak yang disusu sekiranya anda masih menyusukan anak.

Adakah anda sedang mengambil ubat-ubat yang lain?

Interaksi antara ubat adalah sesuatu yang lazim dan kerap berlaku. Sesetengah ubat mempengaruhi cara bagaimana ubat-ubat yang lain bertindak dan disingkirkan oleh badan. Sebagai contoh, *penicillin* boleh mengurangkan keberkesanan ubat pil perancang keluarga. *Atenolol* (untuk darah tinggi) pula boleh memperlahankan kadar degupan jantung ke tahap yang merbahaya sekiranya dimakan serentak bersama-sama *cimetidine* (ubat untuk luka dalam perut).

Apakah nama ubat-ubat yang anda sedang ambil pada masa ini?

Anda harus tahu nama ubat-ubat yang anda ambil, selain bentuk dan warnanya. Ini kerana ubat yang sama boleh dibuat dalam bentuk dan warna yang berlainan oleh pengilang ubat yang berlainan. Adakalanya, doktor anda mungkin tidak pasti nama ubat yang anda sedang ambil melainkan anda memberitahunya. Catitkan nama kesemua jenis ubat yang anda sedang ambil dan simpan maklumat ini di dalam dompet. Ini adalah satu amalan baik yang memudahkan anda mengingati nama-nama ubat itu apabila perlu. Tuliskan juga kekerapan dan bilangan ubat yang perlu diambil.

Nama generik dan nama jualan (*Trade Name*).

Setiap ubat mempunyai dua nama iaitu nama generik (iaitu bahan aktif ubat tersebut) dan "*trade name*" atau jenama untuk pasaran. Setiap ubat yang sama mempunyai nama generik yang sama. Tetapi, selalunya nama jualan akan berbeza bergantung kepada syarikat yang membuat ubat tersebut. Sebagai contoh, ubat paracetamol yang digunakan untuk sakit kepala, mempunyai hanya satu nama generik tetapi pelbagai nama jualan.

Adakah anda meminum minuman beralkohol?

Minuman beralkohol boleh meningkatkan masa tindakbalas sesetengah ubat. Alkohol memperlahankan proses penyingkiran ubat oleh hati kita. Anda harus elakkan minuman beralkohol sekiranya anda sedang mengambil ubat tahan sakit, ubat untuk sawan, kemurungan atau ubat penenang.



Adakah anda menghidap penyakit buah pinggang atau hati?

Hampir semua ubat akan diproseskan dalam hati, disingkirkan melalui buah pinggang atau kedua-duanya sekali. Jika hati atau buah pinggang tidak berfungsi dengan betul, ubat-ubat yang kita ambil tidak dapat disingkirkan pada kadar yang sepatutnya. Ini akan menyebabkan kesan negatif serta kesan sampingan ubat-ubat ini akan bertambah dan diperpanjangkan.

Apakah yang patut saya buat sekiranya doktor atau pegawai farmasi tidak bertanya saya soalan-soalan di atas?



Sekiranya anda tidak ditanyakan soalan-soalan di atas, anda harus memberitahu doktor anda maklumat yang berkaitan dengan diri anda sebelum doktor memberikan preskripsi ubat kepada anda.



Apa yang anda perlu tahu tentang ubat anda?

Sebaik sahaja mendapat bekalan ubat, anda harus membaca maklumat yang tertulis pada labelnya. Ia seharusnya mengandungi:

- Nama anda;
- Nama ubat dan dosnya - biasanya dalam miligram atau mililiter;
- Arahan bagaimana hendak mengambil ubat - untuk ditelan, dikunyah, disuntik atau diletakkan di bawah lidah sebelum atau selepas makan;
- Amaran penting - Contohnya: elakkan memandu, mengendali jentera, perlu dihabiskan, goncang sebelum guna;
- Cara penyimpanan ubat - sama ada perlu disimpan di tempat gelap atau tempat sejuk dan sebagainya. Contohnya: ubat insulin perlu disimpan dalam peti sejuk, ubat GTN (Glycerin Trinitrate) perlu disimpan dalam bekas gelap.



Bagaimana cara yang betul mengambil ubat?

Maklumat ini biasanya terdapat pada label atau bekas ubat. Secara amnya:

Ambil ubat pil anda dengan air kosong sahaja.

Penyerapan sesetengah ubat ke dalam badan kita dipengaruhi oleh minuman tertentu. Contohnya: penyerapan ubat yang mengandungi zat besi akan terganggu apabila diambil bersama kopi atau teh.

Ambil ubat anda pada masa yang sama setiap hari atau dengan selang masa yang sama.

Sekiranya anda diarahkan mengambil ubat sekali sehari, ianya bermaksud setiap 24 jam (dan pada masa yang sama setiap hari). Dua kali sehari bermaksud setiap 12 jam, tiga kali sehari bermaksud setiap 8 jam dan empat kali sehari bermaksud setiap 6 jam. Cara pengambilan sebegini adalah penting terutamanya bagi ubat-ubat antibiotik, pil perancang keluarga dan pil hormon. Ubat-ubat yang kita ambil akan diserap ke dalam badan kita secara perlahan-lahan.



Pengambilan ubat dengan betul akan memastikan badan mendapat bekalan ubat yang berterusan dan konsisten seperti mana yang ia perlukan.

Habiskan ubat anda untuk tempoh yang ditetapkan.

Ini terutamanya untuk pengambilan ubat antibiotik. Antibiotik biasanya diberikan untuk tempoh 5 hingga 14 hari bergantung kepada jenis penyakit. Adakalanya tempoh yang lebih lama diperlukan (sekurang-kurangnya 6 minggu untuk jangkitan kuman pada tulang; 6 hingga 18 bulan untuk penyakit tuberculosis (batuk kering)). Mengambil antibiotik untuk tempoh yang ditetapkan akan memastikan bahawa semua kuman dapat dimusnahkan atau

disingkirkan. Memberhentikan pengambilan ubat-ubat ini sebelum tempohnya akan menambahkan risiko kuman-kuman ini menjadi lebih kuat dan akan menjejaskan kesihatan anda. Sila bincang dengan doktor anda sekiranya anda mempunyai apa-apa masalah untuk mematuhi tempoh penggunaan ubat yang ditetapkan.

Patuhi dos yang ditetapkan.

Dua kali ganda tidak semestinya bermaksud dua kali lebih baik. Sebenarnya, menambah dos ubat akan menambahkan kesan sampingannya. Ada juga ubat yang boleh membawa maut sekiranya dosnya ditambah terlalu banyak. Biasanya ubat-ubat ini mempunyai nisbah keberkesanan yang kecil.

Jangan gunakan ubat yang sepatutnya diambil oleh orang lain.

Setiap penyakit dan pesakit adalah berbeza, walaupun mungkin mempunyai penyakit yang sama. Sebab itulah sesetengah ubat memerlukan preskripsi doktor. Ubat yang berkesan untuk orang lain mungkin tidak sesuai untuk anda.

Apakah yang perlu saya buat sekiranya saya lupa mengambil ubat?

Senang sahaja. Ambilnya sebaik sahaja anda ingat. Walau bagaimanapun, sekiranya masa itu dekat dengan masa untuk dos yang berikutnya, ambil dos yang berikutnya sahaja dan bukan kedua-dua dos sekali. Tanya doktor atau pegawai farmasi anda sekiranya anda tidak pasti.

Kenapa sesetengah ubat itu perlu diambil sebelum makan dan sesetengah ubat itu selepas makan?

"Makan ubat ini selepas makan atau dengan makanan." Ini mempunyai maksud yang sama. Sesetengah ubat itu perlu diambil sebelum makan manakala sesetengah ubat yang lain perlu diambil selepas makan. Ada ubat yang penyerapan dan keberkesanannya akan terganggu dengan kehadiran makanan dalam perut dan ada juga yang sebaliknya. Ubat yang mempunyai arahan untuk diambil sebelum makan haruslah diambil sekurang-kurangnya setengah jam sebelum makan, bukan sejurus sebelum makan. Ubat yang perlu diambil dengan makanan, haruslah diambil sebaik sahaja anda mula makan.



Ada ubat yang perlu dikunyah, ada yang perlu ditelan dan ada pula yang perlu diletakkan di bawah lidah. Kenapa begitu?

Ini berkaitan dengan salut ubat berkenaan dan cara penyerapannya dalam badan kita. Sesetengah ubat mempunyai bahan aktif yang akan dilepaskan secara perlahan-lahan dalam badan kita. Ubat ini disalut khas dan tidak boleh dikunyah. Baca arahan pada label ubat anda dengan teliti untuk mengetahui bagaimana untuk mengambilnya.

Adakah semua maklumat ini juga berkaitan dengan ubat suntikan, ubat sapu dan ubat semburan hidung?

Ya. Semua ubat mempunyai lembaran/risalah maklumat terperinci yang diletakkan di dalam bungkusan /kotak ubat tersebut. Baca maklumat ini dan tanya pegawai farmasi anda sekiranya anda ingin mengetahui lebih lanjut.

Choosing a Primary Care Provider

A primary care provider (PCP) is a practitioner who sees people for common medical problems. This person is usually a doctor, but may be a physician assistant or a nurse practitioner. Your PCP is often involved in your care for a long time, so it is important to select someone with whom you will work well.



A PCP is your main healthcare provider in non-emergency situations. Your PCP's role is to:

- Provide preventive care and teach healthy lifestyle choices
- Identify and treat common medical conditions
- Assess the urgency of your medical problems and direct you to the best place for that care
- Make referrals to medical specialists when necessary

Primary care is usually provided in an outpatient setting. However, if you are admitted to the hospital, your PCP may assist in or direct your care, depending on the circumstances.

Having a primary care provider can give you a trusting, ongoing relationship with one medical professional over time. You can choose from several different types of PCPs:

- **General practitioners** - doctors who have completed an internship but not a residency.
- **Family practitioners** - doctors who have completed a family practice residency and are board certified or board eligible for this specialty. The scope of their practice includes children and adults of all ages and may include obstetrics and minor surgery.
- **Pediatricians** - doctors who have completed a pediatric residency and are board certified or board eligible in this specialty. The scope of their practice includes the care of newborns, infants, children and adolescents.
- **Physician** - doctors who have completed a residency in internal medicine and are board certified or board eligible in this specialty. The scope of their practice includes the care of adults of all ages for many different medical problems.
- **Obstetricians/gynecologists** - doctors who have completed a residency and are board certified or board eligible in this specialty. They often serve as a PCP for women, particularly those of childbearing age.
- **Nurse Practitioners (NP) and Medical Assistants (MA)** - practitioners who go through a different training and certification process than doctors. They are often referred to as "physician extenders." They may be your key contact in some practices. All PAs or NPs consult with physicians.

Many insurance plans or employees benefit plans limit the providers you can choose from or provide financial incentives for you to select from a specific list of providers. Make sure you know what your medical coverage before starting to narrow down your options.

When choosing a PCP, also consider the following:

- Is the office staff friendly and helpful? Is the office good about returning calls?
- How easy is it to reach the provider? Does the provider use email?
- Do you prefer a provider whose communication style is friendly and warm or more formal?
- Do you prefer a provider focused on disease treatment or wellness and prevention?
- Does the provider have a conservative or aggressive approach to treatment?
- Does the provider order a lot of tests?
- Does the provider refer to other specialists frequently or infrequently?
- What do colleagues and patients say about the provider?
- Does the provider invite you to be involved in your care?
- Does the provider view your patient-doctor relationship as a true partnership?

You can get referrals from:

- Friends, neighbors, or relatives;
- State-level medical associations, nursing associations, and associations for physician assistants;
- Your dentist, pharmacist, optometrist, previous provider, or other health professional;
- Advocacy groups -- especially to help you find the best provider for a specific chronic condition or disability.

TAKE CARE OF YOURSELF FIRST

If you want to give good care, you have to take care of yourself first. Caregivers tend to deny their own needs. This strategy may work fine for short-term caregiving. For long-term caregiving, however it is sure to lead to problems. Several problems can occur when caregivers don't take good care of themselves:

- They become ill.
- They become depressed.
- They "burn out" and stop providing care altogether.

These are bad for both the caregiver and the person receiving the care.

On the other hand, when caregivers take time to care for themselves, good things happen:

- They avoid health problems.
- They feel better about themselves.
- They have more energy and enthusiasm for helping others and can continue giving care.

When you take on the task of caregiving, time becomes your most important resource. Caregiving requires a large time commitment, perhaps all of the extra time you have for yourself. If that happens, problems can develop.

The best way to prevent the depression, frustration and resentment that cause caregiver burnout is to hold back some time out of every day for yourself. If you wait until all of your chores and caregiving tasks are done before doing things for yourself, you will wait a very long time. Instead, decide on the minimum amount of time you need each day to meet your basic personal needs. Carve that time out of your schedule. Then figure out how the chores and caregiving will get done.

Here are some important things that you need to find time to do-just for yourself:

Get regular exercise, even just a few minutes several times a day. Exercise can be a good energizer for both physical and emotional health.

Maintain a healthy diet. When you are busy giving care, it may seem easier to eat fast food than to prepare healthy, low-fat meals. However, healthy meals can be easy to prepare and a good diet will give you more energy to carry you through the day.

Make time for an activity you enjoy-reading, listening to music, painting or doing crafts, playing an instrument-even if you can only do it for a few minutes each day. If you like to participate in religious activities or take classes, ask a friend or family member to stay with your loved one for an hour or two once or twice a week so you can do those things.

Recognize stress and take steps to manage it. Your need for relaxation increases during periods of caregiving.

Recognize and deal with signs of depression. Depression is very common in caregivers. Maintaining a positive self-image is the most important thing you can do for yourself. Use self-care and ask for extra support when the earliest signs of depression appear. If that doesn't work, seek professional help. Also, be on the lookout for signs of depression in the person you are caring for. Depression is common in older adults, especially those who have chronic diseases or who are disabled. Encouraging the person to seek treatment for depression will make your job easier in the long run.

Deal with important issues in your life and maintain supportive relationships. Being a caregiver adds another dimension to your life, but it does not mean you have to put the rest of your life on hold. Issues involving your family and other relationships, your finances, your job and other responsibilities still need to be addressed. Taking time to deal with issues as they arise and planning for the future are an important part of taking care of yourself. Make a conscious effort every day to stay connected with family, friends and others in your support system.

Let go of guilt. Realize that you just can't be everything to everyone all of the time. Acknowledge your limitations and focus on what is most important. Tell yourself that you are doing a good job at a very difficult task and ask for help when you need it. Feeling guilty is often a sign that you need a break from your caregiving schedule. Ask your friends and family to pitch in.

PMCare WELLNESS PROGRAMMES

PMCare organizes numerous health talks and health screening programmes throughout the year to enhance and incorporate the importance of preventive health to the employees and family members of the employees as well as to build a healthier community.

This is in line with our pledge towards building a healthy community at work and at home. The response from the members were overwhelming for both the health talks and screening programmes. The support from the providers were very encouraging and we would like to extend our gratitude to all the providers who took part in all our wellness programmes.

Listed below are some of the programmes, which were organised successfully in second quarter of 2007.

Venue	Date	No. of Participants
Dewan Kelab Kilat Kenyir, TNB Terengganu	24 April 2007	162
Dewan Putra, Stesen Janaelektrik Putrajaya	24 April 2007	120
TNBS Stesen Janaelektrik Sultan Ismail, Paka, Terengganu	15 May 2007	150
TNBS, Gelugor, Penang	15 May 2007	151
Telekom, Seremban	17 May 2007	120
TNBS, Ipoh	22 May 2007	120
TNBS, Johor Bahru	24 May 2007	100
Telekom, Alor Setar	26 - 27 May 2007	130
TNBS, Port Dickson	28 May 2007	120
DRB HICOM, Shah Alam	1 June 2007	80
TNBS, Manjung, Perak	13 June 2007	150





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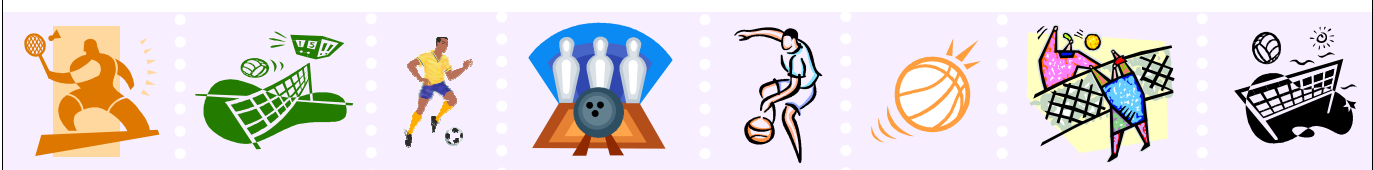
PMÇARE SPORTS ÇARNIVAL 2007



In order to promote the campaign for healthy lifestyle and enhance teamwork among staffs, PMCare once again organised a Sports Carnival for the year 2007. To add spice and excitement for this year's carnival, the theme of the carnival has been changed, in which exotic and rare species of birds have been selected as team names, namely **Peacock**, **Hornbill**, **Phoenix**, **Eagle**, **Falcon** and **Flamingo**.

As for the series of sports events conducted this year, it will be similar to the events that have been played for the previous year. PMCare Sports Carnival kick started with Volleyball Competition, which was held on 7 April 2007 at Dewan MBSA, Seksyen 19. The event depicted the tremendous fighting spirit and commitment of Peacock team by winning the event, followed by Eagle and Hornbill (3rd place).

The second event was Badminton Competition, which was held on 5 May 2007. Knowing that only win can resemble their shattered reputation, this time the Eagle has showed their courage and determination by emerging as champion, ahead of Falcon and Phoenix (3rd place).



Kanak-kanak dan ubat



- Apabila anda mendapat arahan "*Jauhkan dari kanak-kanak*", pastikan bekalan ubat anda tidak dapat dicapai oleh kanak-kanak. Kebanyakan ubat untuk orang dewasa adalah berbahaya jika diambil oleh kanak-kanak. Sebagai contoh, ubat zat besi untuk orang dewasa adalah beracun jika dimakan oleh kanak-kanak.



- Sesetengah botol ubat cecair untuk kanak-kanak mempunyai penutup yang boleh dijadikan penyukat dos ubat itu. Penutup ini biasanya mempunyai tandatanda sukatan yang tidak diabaikan. Oleh itu, jangan tukar penutup sebegini dengan sebarang penutup dari botol ubat lain.



- Jangan membuat andaian sukatan sekiranya perlu menukar dos dari sudu kecil ke sudu besar atau ke sukatan ouns (oz.). Tanyalah pegawai farmasi anda.



- Dapatkan kepastian dari doktor atau pegawai farmasi sebelum memberikan anak anda lebih daripada satu ubat pada suatu masa yang sama.



- Jangan berikan ubat lama untuk penyakit baru atau ubat anak yang lain untuk anak yang sedang sakit sekarang. Dan jangan sesekali berikan anak anda ubat yang sepatutnya untuk orang dewasa. Kanak-kanak mempunyai kehendak rawatan yang berbeza antara mereka.



- Jangan gunakan ubat untuk sebab-sebab yang tidak dinyatakan atas label ubat itu, kecuali atas arahan doktor.



- Tanya doktor sebelum memberikan anak anda ubat aspirin. Jangan berikan anak anda ubat ini sekiranya dia sedang dalam proses pemulihan dari penyakit cacar ayam atau selsema. Aspirin boleh menyebabkan penyakit hati dalam pesakit-pesakit ini. Dalam hal ini, ubat paracetamol adalah pilihan yang lebih baik.

Penggunaan Yang Betul

Secara amnya, ubat adalah selamat sekiranya diambil mengikut dos yang betul, cara yang betul serta masa yang betul. Jika dilakukan sebaliknya, ia mungkin tidak dapat memberi kesan yang sepatutnya atau memberi kesan yang tidak diingini.



- Jangan ambil dos berlebihan atau lebih kerap. **LEBIH BANYAK TIDAK SEMESTINYA LEBIH BAIK.**
- Sekiranya anda terlupa mengambil ubat, jangan gandakan dos pada waktu pengambilan dos berikutnya. Ini amat berbahaya kerana boleh mengakibatkan kelebihan dos.
- Jangan guna ubat orang lain. Ubat yang baik bagi anda mungkin boleh mendatangkan kesan buruk kepada orang lain, walaupun simptomnya sama. Oleh itu, jangan berkongsi ubat dengan ahli keluarga atau kawan-kawan. Mereka perlu berjumpa doktor atau mendapat nasihat ahli farmasi.
- Jangan makan ubat lain sebelum mendapatkan nasihat terlebih dahulu. Sekiranya anda mengambil dua jenis ubat yang sama kandungannya, anda mungkin akan mengalami kelebihan dos. Setengah ubat boleh bertindakbalas dengan ubat lain dan mendatangkan kesan sampingan manakala sesetengah ubat pula boleh menghalang tindakan ubat lain dan menyebabkan kedua-dua ubat tersebut tidak memberi kesan yang sepatutnya. Pastikan anda memberitahu ahli farmasi anda sekiranya anda juga mengambil ubat lain.

Bagaimana Cara Menyimpan Ubat Anda

Amat penting bagi anda menyimpan ubat dengan cara yang betul. Panduan penyimpanan yang betul termasuk:

- Jauhkan ubat dari kanak-kanak.
- Simpan ubat di tempat kering dan jauh dari panas/cahaya matahari.
- Jangan simpan kapsul dan tablet di dalam bilik air, berhampiran sinki dapur atau tempat lain yang lembap. Keparasan atau kelembapan boleh merosakkan ubat. Jangan letakkan kapas di dalam bekas ubat yang telah dibuka kerana ia boleh menyerap udara lembap ke dalam bekas ubat.
- Jangan simpan ubat dalam peti sejuk kecuali diarahkan.
- Jangan tinggalkan ubat anda di dalam kenderaan bagi jangkamasa yang lama.
- Jangan simpan ubat yang telah tamat tarikh luput atau tidak diperlukan lagi.

Sewaktu Perjalanan



Bawa ubat bersama anda dan jangan simpan di dalam beg perjalanan anda. Pastikan bekalan ubat tidak terputus atau bawa bekalan yang cukup semasa perjalanan. Lebih baik sekiranya anda membawa bersama salinan preskripsi atau senarai rawatan anda sekiranya stok tambahan diperlukan.