












# Medication Instructions (服薬説明)







英語  
内服・うがい薬

For \_\_\_\_\_ Days (何日分) Date (日付) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Effective for (効能)**

 fever (発熱)	 cough (咳)	 Sore throat (のどの痛み)	 headache (頭痛)	 chest pain (胸痛)	 stomach-ache (腹痛)	 diarrhoea (下痢)
 constipation (便秘)	 vomiting feeling (吐き気)	 cannot sleep (眠れない)	 feel dizzy (めまい)	 feel irritated (いらいら)	 feel itchy (かゆみ)	

**Shape / Type (形 / タイプ)**

 tablet (錠剤)	 capsule (カプセル)	 powder (粉)	 syrup (シロップ)	 Mouthwash (うがい薬)	 Spray (スプレー)
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※ Please be careful while using circled items. (丸をつけた項目に注意してお使い下さい)

**How to take medicine (用法)**

3 times a day, after meals (1日3回毎食後)	twice a day after breakfast and supper (朝夕2回食後)	before bed every day (寝る前毎日)
3 times a day, before meals (1日3回毎食前)	3 times a day, two hours after meals (食間1日3回)	Only Once (頓服)

**Note (注意事項)**

Please not take any non-prescribed medicine (処方された薬以外飲まないでください)


















Take this with food. (食べ物などとの飲み合わせ)

 Grapefruit (グレープフルーツ)	 Alcohol (アルコール)	 Milk (牛乳)	 Cigarette (たばこ)	 Coffee (コーヒー)	 Natto (fermented soybeans) (納豆)	 Chlorella (クロレラ)	 Cheese (チーズ)
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Precautions for women (女性の方への注意事項です)

 Please avoid taking this medicine during your pregnancy. (このお薬は妊娠中の方は服用を避けてください)	 Please avoid breast-feeding when you take this medicine. (このお薬を飲むときは、授乳を避けてください)
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**Side effects (副作用)**

<b>■ Mental (精神)</b>	<b>■ Throat (のど)</b>
 feel sleepy (眠気)  headache (頭痛)  Burning sensation (はてり・のぼせ)  Dizziness (めまい)  Staggering (ふらつき)	 cough (咳)  Dryness of mouth (口・のどの渇き)  Cracked voice (声がかすれる)
<b>■ Skin (皮膚)</b>	<b>■ Muscle (筋肉)</b>
 Itch / Rash (かゆみ・発疹)  Redness / Rash (赤み・かぶれ)	 Pain / Lethargy (痛み・脱力感)
<b>■ Digestive system (消化器)</b>	<b>■ Urinary organ (泌尿器)</b>
 stomach ache (胃が痛い)  vomiting feeling (吐き気)  Loss of appetite (食欲の低下)	 diarrhoea (下痢)  constipation (便秘)  Colour of constipation (便の色が変わる)

**Preservation method (保管方法)**

 Store it in a cold place. (冷所に保管)	 Store it in a shade (避光して保管)	 Do not store it in damp places (湿気を避けて保管)	 Keep it out of reach of children (子供の手の届かないところに保管)
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