



Medicative Therapy

Checklist

Fundamental principles

- Read the package information leaflet before taking the medication and keep it by all means until the end of the therapy. This way, if unwanted side effects arise, you can refer to it to see if these have already been described.
 - Your doctor needs to know which tablets you are additionally taking without a prescription. This helps him to clarify if so-called interactions between the different medications are possible. Specify all medications that you are taking – even self-bought medication such as pain relievers or natural remedies.
 - For each new prescription, check with your doctor to see if you may be able to stop taking another medication.
 - Ask your doctor if it is possible to use a generic medicine. The active substance contents are the equivalent of the ones in the original medication. However, you save on the deductible.
 - Adhere to the doctor's prescriptions regarding dosage and administration intervals, and never increase or decrease the dosage on your own initiative.
 - Look for information in the instruction leaflet that describes a limitation of effect (e.g. contraceptive pill and penicillin, grapefruit juice and blood pressure medicines, etc.).
 - If your symptoms do not get better or if they worsen under the therapy, or if you experience additional symptoms, consult your doctor immediately.
 - Store your medication as described in the package information leaflet.
 - When you receive a prescription for a new medication, have your doctor initially prescribe a small package size. If the medication works as intended and you tolerate it well, you can switch to a larger package.
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Taking medication

- If you suffer from motor impairment (e.g. stiffening or trembling of the fingers) and have problems with the prescribed form of administration (e.g. with drops), ask your doctor for a different form of administration of the medication. This is possible in many cases!
- Tell your doctor if you have difficulty swallowing so that the doctor can prescribe drops or suspensions for you, if possible.
- Liquid medication should generally be gently shaken before use for a thorough mixing of the ingredients.
- Do not grate pills or open capsules. That could change the way these medicines work. Tablets that you can cut have a corresponding groove.
- Do not take tablets, capsules or dragees while lying down, and swallow them with plenty of water. This way, you minimise the risk of getting medication stuck in the oesophagus.
- Take oral medications preferably with water and not with fruit juices, coffee, tea or milk.

Right time and application duration

- If a medication is vomited within about 20 minutes, it may not have been effective. In this case, you should contact your doctor and ask if you should repeat the dose.
 - Medicines that can cause stomach problems (e.g. pain relievers) should be taken with meals. This way, they are better tolerated.
 - For many medications, it is important to keep the administration interval (e.g. every six or twelve hours).
 - For some medications – such as antibiotics – it is crucial that they are consistently taken over a specific period and under no circumstances be discontinued only because the symptoms have improved (development of resistance).
 - Most medications need to be taken at a specific time to work optimally.
 - As a rule, medications work best when taken on an empty stomach.
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Interaction with certain foods

- Diuretics and liquorice**
When taking diuretics (drugs that drain the body), liquorice should be given up, since muscle weakness, drowsiness, weaker reflexes and increased blood pressure can arise.
- Asthma medication and black pepper or tannic food items (e.g. black tea, green tea, walnuts, raspberries)**
The consumption of black pepper or tannin-rich foods inhibits the breakdown of the active ingredient theophylline in certain asthma medication. This can lead to the overdosage of the medication.
- Antibiotics and caffeine**
Certain antibiotics can inhibit the breakdown of caffeine, causing symptoms such as palpitations, a state of agitation and sleep disorders. For this reason, avoid drinks such as coffee, tea or cola during antibiotic therapy.
- Hypertension drugs, pain relievers, hypnotics, antihistamines and grapefruit juice/bitter oranges**
Grapefruit and bitter oranges contain substances that can increase the effect of the above-mentioned groups of medication. Massive drops in blood pressure, rapid heartbeat or cardiac arrhythmia are possible consequences.
- Iron preparations and caffeine**
Medication for treating anaemia is useless if taken with coffee or tea. Therefore, coffee or tea should be avoided two hours before and after taking this medication.
- Antibiotics and dairy products**
With certain antibiotic therapies, the calcium in milk products causes a reduction of the effect. For this reason, it is recommended that you consume dairy products two hours after taking antibiotics at the earliest.