

## くすりの種類 (11種類)



Internal medicine



Nasal spray/drops



Inhalant  
(Nebulize into throat.)



Suppository  
(Insert into the anus.)



Ointment  
(Apply to the skin, etc.)



Eye drops



Ear drops



Eye ointment  
(Apply to the surface of the eye.)



Sublingual tablet  
(Dissolve under the tongue.)



Mouthwash  
(Gargle)



Liquid medicine

## くすりを用いる時間のめやす (14種類)



Take once in the morning.



Take once in the afternoon.



Take once in the evening.



Take twice a day in the morning and evening.



Take twice a day in the morning and afternoon.



Take 3 times a day in the morning, afternoon, and evening.



Take at wake-up time.



Take at bed time.



Take just after meal.



Take just before meal.



Wait 30 minutes after meal.



Eat 30 minutes after taking.



Take between meals.



Take only when symptoms appear.

## くすりを用いるときの注意事項 (6種類)



Take with plenty of water.



Shake well before use.



Wash hands before and after applying.



Remove the capsule from its package.



Refrigerate.



Read the instructions carefully.

## やってはいけないこと (18種類)



Never take with other medicines.



Do not break the tablet or capsule.



Keep dry.



Keep out of reach of children.



Do not ingest.



Do not apply to the eye.



Avoid UV exposure.



Do not take at bed time.



Do not shake the bottle.



Do not drive.



Do not take with grapefruit juice.



Do not take with natto (fermented soybeans).



Do not take with chlorella.



Avoid green and yellow vegetables.



Do not take with caffeine.



Do not take with cheese.



Do not take with alcohol.



Do not take with milk.

## 日常生活で注意すること (2種類)



May cause dizziness.



May cause drowsiness.