

☆ Precautions for taking medicines

☆ တပ်ပလီဆိသးလာတပ်ပံးန့ၢ်အိကသံၣ်တဖၣ်

Medicines prescribed by your doctor should be taken as the doctor's instructions. Taking medicine as you see fit may produce a hazard. For example, intake of medicines before meal that must be taken after a meal may produce gastric pain or nausea.

ကသံၣ်လၢကသံၣ်သရၣ်ဟ့ၣ်လီၤအီၤတဖၣ်န့ၣ်တပ်ကဘၣ်ဒုးအိအီၤန့ၣ်ကသံၣ်သရၣ်အတၢ်န့ၣ်ကျဲတဖၣ်အသိးန့ၣ်လီၤ. ကသံၣ်လၢနပံးန့ၢ်အိ/ဆဲးအီၤလၢနထံၣ်လၢအဘၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကဒုးအိၣ်ထီၣ်တၢ်လီၤဘၣ်ယိၣ်န့ၣ်လီၤ. အဒိ, ကသံၣ်လၢနကဘၣ်အိအီၤဖဲအိၣ်တၢ်အိၣ်ဝံၤ အလီၢ်ခံးန့ၣ်အိၣ်ဖဲတဖၣ်တၢ်အိၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကကဲထီၣ်ကဖုဆါ မ့တမ့ၢ် သးကလဲၤ, ဆဲးဒိးဘိး န့ၣ်လီၤ.

Taking medicines at the prescribed dose and time will provide the best effects.

တပ်ပံးန့ၢ်ကသံၣ်ကသိအဘျီဒိးအဆၢကတီၢ်န့ၣ်ကသံၣ်သရၣ်န့ၣ်လီၤအသိးန့ၣ်ကဟ့ၣ်တၢ်အစၢလၢအဂ့ၢ်ကတၢ်န့ၣ်လီၤ.

Taking medicines at 3 or 4 times higher dose than prescribed is very dangerous.

တပ်ပံးန့ၢ်ကသံၣ်အဘျီအါန့ၢ်ကသံၣ်သရၣ်အတၢ်န့ၣ်လီၤပံးပနီၣ်အီၤ ၃ မ့တမ့ၢ် ၄ ဘျီန့ၣ်မ့ၢ်တၢ်လၢအလီၤပျံၤလီၤဘၣ်ယိၣ်ဒိၣ်မးန့ၣ်လီၤ.

Taking medicines at a lower dose than prescribed will provide no effects.

တပ်ပံးန့ၢ်ကသံၣ်ကသိအဘျီစ့ၢ်န့ၢ် ကသံၣ်အထံလဲပံးပနီၣ်အီၤန့ၣ် တၢ်ဒိဘၣ်မၤဟူးအစၢတအိၣ်နီတံၢ်ဘၣ်.

Please keep medicines away from infants.

ဝံသးစူၤ ပံးပံးကသံၣ်ကသိလၢဖိသံၣ်ဆဲးတဖၣ်န့ၣ်တက့ၢ်.