

☆ Precautions for taking medicines

☆ တပ်ပလီဆိသးလာတပ်ပးန့အိကသံတဖၣ်

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.

ကသံတလၢကသံတသရၣ်ဟ့ၣ်လီၤအီၤတဖၣ်န့ၣ်တပ်ကဘၣ်ဒုးအီၤအီၤန့ၣ်ကသံတသရၣ်အတပ်န့ၣ်ကျဲတဖၣ်အသိးန့ၣ်လီၤ. ကသံတလၢနပံးန့ၣ်အီၤ/ဆဲးအီၤလၢနထံၣ်လၢအဘၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကဒုးအီၣ်ထီၣ်တပ်လီၤဘၣ်ယီၣ်န့ၣ်လီၤ. အဒိ, ကသံတလၢနကဘၣ်အီၤအီၤဖဲအီၣ်တပ်အီၣ်ဝံၤ အလီၢ်ခံဒီးန့ၣ်အီၤဖဲတဖျးတပ်အီၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကကဲထီၣ်ကဖုဆါ မ့တမ့ၢ် သးကလဲၤ, ဆဲၣ်ဒီးဘျီး န့ၣ်လီၤ.

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

တပ်ပးန့ၣ်ကသံတကသီအဘျီဒီးအဆၢကတီၢ်န့ၣ်ကသံတသရၣ်န့ၣ်လီၤအသိးန့ၣ်ကဟ့ၣ်တပ်အစၢလၢအဂ့ၢ်ကတၢ်န့ၣ်လီၤ.

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

တပ်ပးန့ၣ်ကသံတအဘျီအါန့ၣ်ကသံတသရၣ်အတပ်န့ၣ်လီၤပပ်ပနီၣ်အီၤ ၃ မ့တမ့ၢ် ၄ ဘျီန့ၣ်မ့ၢ်တပ်လၢအလီၤပျဲလီၤဘၣ်ယီၣ်ဒိၣ်မးန့ၣ်လီၤ.

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

တပ်ပးန့ၣ်ကသံတကသီအဘျီစ့ၢ်န့ၣ် ကသံတအထံလဲပပ်ပနီၣ်အီၤန့ၣ် တပ်ဒိဘၣ်မၤဟူးအစၢတအီၣ်နီတံၢ်ဘၣ်.

Please keep medicines away from infants.

ဝံသးစူၤ ပ်ယံၤကသံတကသီလၢဖိသံဆဲးတဖၣ်န့ၣ်တက့ၢ်.