

Sii pawl ningcang tein hman ning

Australia ah zeitindah sii pawl ka cawk lai?

Australia ah sii pawl cawknak ding lam 2 an um:

- Na siibawi sin in, cawktermi sii pawl caah.
- Siidawr in, mah tein cawk khawhmi sii pawl caah.

Cawktermi sii pawl

Na siibawi sin in catlap he sii cheukhat, “cawktermi” (‘prescription’) asilole “ca in tialpiakmi” (‘script’) tiah hngalhmi lawng na ngah khawh. Hi cawktermi nih siizuarnak kha zeibantuk sii dah na herh timi le zeitindah na hman awk a si timi kha a chimh.

Na sii ngah dingah, cawktermi kha siizuarnak pakhat khat ah i put. Medicare Kat asilole Ngandamnak lei Zohkhenhnak Kat kha i put, aruang cu hi pawl nih hin man fawi deuh in an in ngahter khawh lengmang lai. Ralzam sinak a sokmi na si ahcun, na sii ngah dingah thimpiakmi a simi siizuarnak ah na kal a hau men lai.

Caan saupi sii din na hauh ahcun, siibawi nih cawktermi kha an “nolhter” (‘repeat’) than men lai. Hihi a sullam cu na siibawi ton than ti loin aa lomi cawktermi hmangin sii kha nangmah tein na cawk khawh than lai tinak a si.

Cawktermi sii pawl cu cawktermi sii cungah a min a ummi minung ca LAWNG ah a si. Adang minung nih hman dingah tihnung a si kho.

Dr. A Practitioner
99 Station Street
Central NSW 2001
Phone: (99) 9999 9999
Prescriber no.: 123456

Patient's Medicare no.: 3900724651-1

Pharmaceutical benefits endorsement number: Safety Net entitlement card holder (unless relevant box) Concessional or dependent RPBS beneficiary or Safety Net concession card holder

Patient's name: Mast John Citizen
Address: 1 Station Street
Central NSW 2001

Date: 03/04/07
PBS RPBS Brand substitution not permitted

Medicare Australia / DVA

NEMDYN EAR OINTMENT 10g
APPLY TOPICALLY TO SORES
IN NOSTRIL TDS
Qty: 1 0 repeat
1 Item

Dr. A Practitioner
MBBS

A Practitioner
Please turn over for privacy note

I certify that I have received this medication and the information relating to any entitlement to free or concessional pharmaceutical benefits is not false or misleading.

Date of supply: _____ Patient's or agent's signature: _____
Agent's address: _____ 4804 110000

Australia i cawktermi sii phun

Na siibawi asilole siizuartu nih ngol dingin an chimh hlan paoh cu cawktermi sii pawl din kha a biapi tuk, na dam deuh cang zong ah.

Zeibantuk sii pawl dah na din timi siibawi asilole siisayama paohpaoh chimh kha a biapi tuk. An zawttertut sii a um ahcun chim fawn hna. Hi kong cu siibawi dihlak na chimh hna lo ahcun, na din ciami sii he tha tein rian a tuanti lo dingmi sii a thar an in pek khawh men.

Vaitamen, belbawmtu pawl, sii ca hmanmi thingramhna asilole nunphung lei he aa pehtlaimi sii pawl na din ahcun, na siibawi, siisayama asilole siizuartu kha chim hna. A caancaan ahcun hi pawl nih hin siibawi nih an pekmi sii pawl ningcang tein rian an tuanter lo khawh asilole na ngandamnak caah harnak an chuaipi khawh.

Over-the-counter medicines

Cawternak tel loin sii pawl na cawk khawh. Hi pawl cu “siidawr ah mah tein cawk khawhmi” (‘over the counter’) sii pawl tiah auh an si. Hi sii pawl cu siidawr pawl le dawr nganpi tibantuk adang dawr pawl ah na cawk khawh.

Siidawr ah mah tein cawk khawhmi sii phun pawl:

- Khuk, kiktlah le cumpit ca sii pawl
- Aspirin, acetaminophen, le ibuprofen tibantuk a fah daihnak sii pawl
- Or fah, lufah, hnakhaw fah le takpum fah caah sii pawl
- Mit i toihmi sii
- Chungtik le ekfer caah sii pawl

Zeitindah sii pawl ningcang tein ka din lai?

Sii dihlak nih a bawm ah a konglam tialmi an ngei dih.

A bawm i a konglam tialmi nih sii him tein hman ning an chimh lai, hihi telhchih in:

- Zeizatdah hman ding
- Zeitikdah hman ding
- Nikhat ah voi zeizatdah na hman a herh
- Ni zeizatdah na hman a herh

The image displays the back of a NyQuil dispenser with detailed drug information and the front of the dispenser packaging. The back of the dispenser includes sections for 'Do Not Use if pouch is broken or torn', 'Failure to follow these warnings could result in serious consequences', 'Drug Facts' (listing active ingredients like Acetaminophen, Dextromethorphan, and Doxylamine), 'Warnings' (including liver warnings and interactions), 'Directions' (dosage for adults and children), 'Other information' (storage instructions), 'Inactive ingredients', and 'Questions? 1-800-251-3374'. A 'PARENTS:' section is also present. The front of the dispenser shows the Vicks NyQuil logo, 'Nighttime Relief COLD & FLU', and lists the active ingredients: Acetaminophen, Doxylamine Succinate, and Dextromethorphan HBr. It also lists symptoms it treats: Aches, Fever & Sore Throat, Sneezing, Runny Nose, and Cough. The bottom of the front panel indicates '25 PACKETS OF 2 LiquiCaps®'.

Lamhmuhsaknak pawl he a bawm ah a konglam tialmi sii phun

A bawm ah a konglam tialmi ning in sii pawl din kha a biapi tuk.

Ruahnak cheuhmi zat sau in sii kha ding.

A bawm ah aa tialmi asilole siizuartu nih an chimhmi nak in sii kha tamdeuh asilole tlawmdeuh ding hlah.

Sii pawl nih na zawt tikah damdeuhnak na hmuhnak hnga an in bawmh khawh, asinain ningcang lo piin ding hlah, fahnak an in pek khawh.

Na sii chungin pakhat khat kha adang minung sin pe hlah, cun midang sii kha ding hlah.

Minung pakhat khat caah a thami sii kha na zawtnak caah rian a tuan lo kho men i a zualter khawh men.

Zawtnak hrik thahnak pawl cu a thawng tukmi sii an si. Na siibawi nih din dingin an chimh lawng ah na din awk an si. Ningcang tein na din hna lo ahcun takpum ah hnorsuannak fak piin a lang kho.

Sii cheukhat nih takpum ah hnorsuannak an chuaipi khawh. Takpum ah hnorsuannak a langmi pawl cu a dinte an si kho, paw umtuning nuamh lo tibantuk, asilole a fakmi an si kho, na thin rawhnak tibantuk.

Pakhat khat kha nangmah caah aa ningcang lo na hngalh ahcun, na siibawi asilole siizuartu sin ah chim. Na herh ahcun holhlettu caah bawmh hal. Holhlettu pawl cu manlo an si.



Zawtnak hrik thahnak sii phun

A sawhsawh deuh phun sii cu zeidah a si?

A caancaan ahcun “a sawhsawh deuh phun” (‘generic’) sii le minthang phun sii karlak ah naa thim khawh.

A sawhsawh deuh phun le minthang phun sii pawl i an riantuan ning aa khat ko. A sawhsawh deuh phun cu aman a tlawmdeuh tawn.

Na herhmi sii caah a sawhsawh deuh phun a um ahcun, siizuartu nih minthung phun sii nak in ‘a sawhsawh deuh phun’ na duh maw tiah an hal men lai.

Siizuartu nih an hal lo ahcun, na herhmi sii ah a sawhsawh deuh phun (a man fawi deuhmi phun) an ngeih le ngeih lo hal.



Minthang sii phun



A sawhsawh deuh phun

Na sii pawl kong tha tein fian dingah biahalnak pawl tuah

Na sii hman ning fian bak dingah na siibawi, siisayama, asilole siizuartu sin ah biahalnak pawl tuah.

Him tein sii pawl hman dingah, na hngalh a herhmi:

- > Zeibantuk sii dah a si
- > Zeiruung dah sii na hman
- > Zeitin le zeitik ah sii hman ding
- > Hihi he na hman ti lo ding sii pakhat khat he an um ahcun

Na sii hman ning na philh ahcun asilole a bawm ah a konglam tialmi kong naa fian lo ahcun, siizuartu kha bawmh na hal khawh.

Ka sii pawl cu zeitindah ningcang tein ka chiah lai?

Ningcang tein chiahmi sii pawl cu saudeuh a khang i a riantuan ning a thadeuh.

- > Na sii pawl cu a himnak hmun, ngakchia le innchung zuat satil pawl nih phak khawh lonak hmun ah chia hna.
- > Na sii pawl cu a kihnak, a ronak hmun ah chia hna. Coka asilole tikholnak tibantuk a cinmi le a lummi hmun pawl nih na sii pawl kha an hrawh khawh.

- > A bawm ah a konglam tialmi lamhmuhsaknak ning bantukin, sii pawl cu anmah chiahnak bawm pawl chung bak ah khan chia hna.
- > Cheukhat sii pawl cu tikhal kuang chungah chiah an hau. Hihi cu a bawm ah a konglam tial tawn a si.
- > A nithla luanmi le na hman ti lomi sii pawl cu hlonh hna.

Sii pawl zeitindah rian an tuan?

- > Cheukhat sii pawl cu rang tein rian an tuan i adang cu sau an rau. Tahchunhnak ah, cheukhat a fah daihnak sii pawl hit sii tiah auhmi (analgesics) cu a fah thlopnak dingah caan tlawmpal te a rau kho men, asinain zawtnak hrik thahnak siitlang pawl cu zawtnak a thadeuh tiah na hngalh hlan suimilam 24 nak tamdeuh an rau kho men, lungthin thawnnak lei sii pawl cu na umtuning a thadeuh tiah na hngalh hlan zarh hnih a rau kho tawn.
- > Na sii kha rian a tuan lai lo tiah na thinphan asilole na ngandannak a zualter lai tiah na thinphan ahcun, na siibawi na ton colh a hau.
- > Cheukhat sii pawl cu paw chung rawl umlo ah an riantuan ning a thabik asilole cheukhat cu paw hnahnawhnak a pek khawh cucaah hi pawl cu rawl he dinti ah a thabik.