



# Medicine Instructions

**MEDICINE INSTRUCTIONS FOR PATIENTS: Kindly Read the Instructions Carefully.**

- Please bring your case number on every visit.

For emergency dose-

- 15minutes before & 15minuts after the pill do not eat or drink anything, not even water. For the medicine to act to its fullest this precaution needs to be taken.

For regular medicine-

- 15 minutes before & 15 minutes after the pills do not eat or drink anything, not even water. For the medicine to act to its fullest this precaution needs to be taken.
- For liquid dose of medicine- 4-5 drops of medicine mix with half glass of water and drink it 15 minutes before and 15 minutes after food.
- For unconscious, semiconscious, patient on ventilator patient support and mentally challenged patient rub medicine over forehead. Clean skin with Normal water before rub on skin.
- Medicine can be taken before or after food but gap of 15 min before and after is necessary.
- **DO NOT** take medicine immediately after brushing.
- **DO NOT** use Vicks, Iodex or any mentholated ointments or balms.
- **DO NOT** use Camphor/ Kapur in any form in the house. For example, in clothes or in the form of any herbal medicines.
- **DO NOT** expose the medicines to sunlight.
- **DO NOT** refrigerate them.
- **DO NOT** apply any local applications on your skin.
- No medicated lotions or ointments or balms or creams to be used. For your skin complaints, if required
- Use Coconut oil, Olive oil or Cows ghee. Non-medicated lotions or moisturizers like Vaseline, Nivea, Ponds, Olay etc. can be used.
- **AVOID** using strong perfumes or deodorants or cologne. Spray perfume on clothes instead of direct usage on skin.
- **AVOID** the use of raw onion & garlic especially few hours before & after the medicine. Cooked onion or garlic is permitted.
- **AVOID** black coffee.
- **AVOID** smoking, tobacco, alcoholic drinks, misri as it will affect the action of the medicine.
- Take the pills in the cap of the bottle & place them directly on the tongue. Do not touch the medicine.
- Pills or powder. Place them on the tongue & amp; do not chew them, let them dissolve.
- If by chance you drop the pills, discard them. Do not consume the pills once fallen.
- Do not reuse the containers as they may carry the previous medicine properties.
- Dietary changes if required will be suggested separately.
- If you have any specific instructions for medicine, it will be advised at time of consultation.