



ALUMNI SERIES

Medication Management Tips to Stay Healthy and Happy This Eid

BY MR. HASRYN AZZUAR MOHD KHAIRY

There is no problem with travelling long distances while taking medication continuously, as long as the rules of taking medication are always followed. Long trips may be harmful if medication is not taken properly, especially for chronic patients. Here are some tips on medication safety during the festive season and long journeys.

If you need to take medication, such as antihistamines, that can affect driving (by causing drowsiness), you need to adjust the time you take it. Such medication is advised to be taken at night to make it easier for you to sleep and get enough rest so that driving back during the day will be smoother.

Bring prescription medicine with you when you travel or return home. If your insufficient supply of medicine, you can get the right medicine at a health facility or community pharmacy to continue adhering to your medication schedule and not miss a dose. Medication prescriptions also make it easier for healthcare professionals to identify the medications that patients are taking.

Make sure you have sufficient medication for the duration of your trip. Carry more than one week's supply of medication in case there is a change in the duration of the trip, to avoid running out of medication. In addition to the quantity, check the expiry date of each drug for safety and effectiveness.

Check for endemic diseases in the area or country you plan to visit and take preventive measures. If the area has a high risk of malaria outbreaks, take antimalarial medication at least one week before travelling and practise preventive measures against mosquito bites throughout the trip.

If you plan to travel abroad, check and research information and always be prepared. Different countries may have different rules regarding the types of drugs that can be brought into the country. Therefore, you should contact or check in advance through the official website of the embassy of the country concerned to ensure that the medicines you bring are allowed in the country to be visited.

Store your medication in a dry place away from heat and sunlight. Medications should not be stored in the bathroom or in damp places. This is because heat and humidity can damage the medication and reduce the effectiveness of the active ingredients.

Do not store medication in the storage compartment in the back of the car. If you plan to stop somewhere for rest or food and drink, bring your medications with you, as the weather can be very hot during the day.

If you are boarding a plane, bring all medication supplies together in your hand luggage to make it easier to take medication on time during the flight. Medication is not suitable to be stored in check-in luggage because the temperature of the location where the luggage is stored may not be suitable (very hot or very cold).

The festive season is a time that is eagerly awaited by individuals of all ages. However, this joyful festive season can also turn into an unpleasant situation if one falls ill. This is most likely due to excessive food intake, weather changes when visiting relatives, lack of sleep or rest, as well as engaging in a lot of physical activity, such as cleaning the house. Among the mild illnesses that are commonly experienced are cough, flu, fever, gastritis, vomiting, diarrhoea, body aches, and so on.

Being prepared in advance with a list of medicines and an adequate supply of medicines for minor ailments is one step that can be taken for the festive season. These medicines can be bought on the advice of a pharmacist without the need for a doctor's prescription from a registered pharmacy.

Get advice on these medicines, such as how to take them, the dosage, and the correct time to take them from a doctor or pharmacist to ensure the safety of the medication. Make sure each medication is labelled with accurate information. Additionally, inform the doctor or pharmacist if you suffer from any chronic disease, are pregnant, breastfeeding, or have a history of allergies to any medicines.

The correct way of storing medication is essential because it can ensure the quality, effectiveness, and safety of the medicine. Medicines in general should be stored in a dry place, away from heat, heat, sunlight and moisture, and out of the reach of children.



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