



KNOW YOUR MEDS



KNOW About Medication Label

Reading your medication label correctly will help you get the most out of your medication!



WHAT NAME and STRENGTH

Make sure it is the right medication

HOW MUCH, HOW OFTEN and WHEN TO TAKE YOUR MEDICATION

Follow the instructions on how to

- Take your medication with or without food
- Store your medication
- Manage common side-effects

KEEP AWAY FROM CHILDREN

NIFEDIPINE LA 60MG TAB (30 TAB)

TAKE 1 TABLET ONCE EVERY MORNING
May be taken with or without food.
Swallow the tablet whole. Do not crush or chew.

TAN AH SENG
SXXXX123A

for blood pressure

10/08/2021

KNOW YOUR MEDICINE GENERAL HOSPITAL PHARMACY
MEDICINE ROAD 5(123456) TEL:12345678

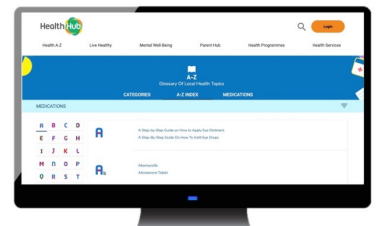


Ask your pharmacist if you need help with your medication!

WHY YOU ARE GIVEN THE MEDICATION

Know the purpose of your medication

- Ask your doctor or pharmacist
- Check HealthHub Medication A-Z



Learn basic skills to manage medications

moh.gov.sg/knowyourmeds



A National Pharmacy Strategy initiative
go.gov.sg/nps



In Collaboration with
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH
SINGAPORE