

Advisory labels on medication

Before food: to be given at least half an hour before any food, or two hours after a meal, to ensure the absorption of the drug is not reduced or stopped by the presence of food in the stomach.

With or after food: the presence of food helps to reduce the chance of side-effects such as indigestion and protect the stomach lining from drugs that may cause ulcers.

Swallow whole/do not chew: to ensure special tablet coatings are not destroyed before swallowing. These coatings may protect the mouth/throat/stomach from ulcers or reduce the number of times it is administered daily. Anyone chewing these formulations should be prescribed an alternative.

Do not take at the same time as...: some medications should not be given together as they may cause unwanted effects or not be absorbed properly. They may be given at different times of day.

Patient Information Leaflets (PILs) can provide further information. These should be supplied with the medication, requested from a Pharmacy or visit: www.medicines.org.uk