



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



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



MINISTRY OF HEALTH  
SINGAPORE