

- **Getting the most from your medication**

Your MTM pharmacist can help you make sure that:

- You are taking only the medications you need
- You are taking the correct amount of medications at the right time
- Your medications are not interacting with each other
- Any vitamin, supplement or over-the-counter medication you are taking is safe and effective

- **Can I afford MTM service?**

- MTM service in NCC is free-of-charge

- **Call for an appointment?**

MTM service is available from Mondays to Fridays from 9:00am to 2:00pm, by appointment only. Please call the Oncology Pharmacy (Level 3 NCC) at 64368138 to make an appointment.

- **What do I need to bring on the day of appointment?**

You are encouraged to bring along your medications (including supplements) on the day of appointment. Please also bring along any record of self-monitoring of blood pressure, blood glucose etc, if available.

- **Overwhelmed by the number of medications you need to take daily?**

If you or a loved one is taking a large number of daily medications and is concerned about possible drug interactions and side effects, our pharmacists can help.

- **What is Medication Therapy Management (MTM)?**

MTM is a service provided by an experienced pharmacist. These appointments provide detailed review of all your medications (prescription, over-the-counter, herbal and nutritional supplements) to ensure that your current medication therapy is safe and effective.

- **Who can schedule an appointment for this service?**

NCC patients who are 65 years old and above and taking 5 types or more medications on a daily basis.

- **Why is MTM important for me?**

You will benefit from MTM if you have the following doubt(s):

- Why am I taking these medications?
- Are my medications working the way they should?
- Can I do anything about the side effects?
- Am I taking them in the right order and at the right time of the day?
- Are my medications interacting with each other?
- Are my medications duplicated since I am seeing several doctors?

Medication Therapy Management (MTM) in Elderly Patients



年长病人药物检查



- **您长期服用多种药物吗?**

如果您需要长期服用多种药物并且想要了解它们之间的相互作用与副作用，我们的药剂师能够为您提供进一步的帮助。

- **什么是药物检查?**

这是一项由药剂师为您提供的服务。您的药剂师将会详细的检查您所有的药物（包括维他命，草药等等），并确保您的药物是安全与有效的。

- **谁有资格接受药物检查?**

只要您是65岁或以上的癌症中心的病人，并正在服用5种药物或以上，您就可以参与这项服务。

- **药物检查有何重要性?**

药物检查能够为您解答以下的疑问:

- 为什么我需要服用这些药物?
- 这些药物有否发挥正确的作用?
- 是否有办法克服我所正在经历的副作用?
- 我有否依据正确的时间与方法服药?
- 我所服用的各种药物是否有相互作用?
- 我有否服用重复的药物?

- **如何从您的药物中获取最大的益处?**

您的药剂师将会为您确认:

- 您没有服用任何不必要的药物
- 您的服药时间与方法正确
- 您的药物之间并无相互作用
- 您所服用的维他命与补充药物是安全并效的

- **药物检查需要收费吗?**

- 在NCC，药物检查是免费的。

- **如何预约?**

药物检查的经营时间是周一至周五，早上9点至下午2点。请拨癌症药房（癌症中心3楼）电话64368138预约。

- **我需要携带任何东西吗?**

请在药物检查当天携带您所有的药物，以及任何血压与血糖记录。