



Medication Communication Cards



These picture cards can
be used to support you in
providing explanations
about medications.

いっばんしゃだんほうじん ほっかいどうやくざいしかい
一般社団法人 北海道薬剤師会

ぎょうりよく こうえきしゃだんほうじん ほっかいどう れんめい
協力：公益社団法人 北海道ろうあ連盟

1 初回・来店時

Can you hear my voice?
(Can you understand me?)



Yes, I can.

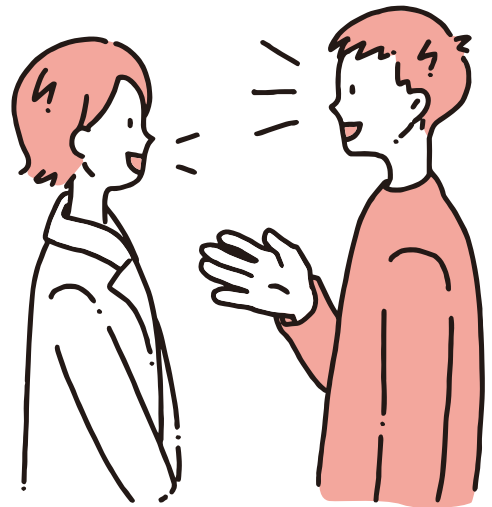
Yes a little.

No, I can't.

2 初回・来店時

Please tell us
how you would like to
communicate.

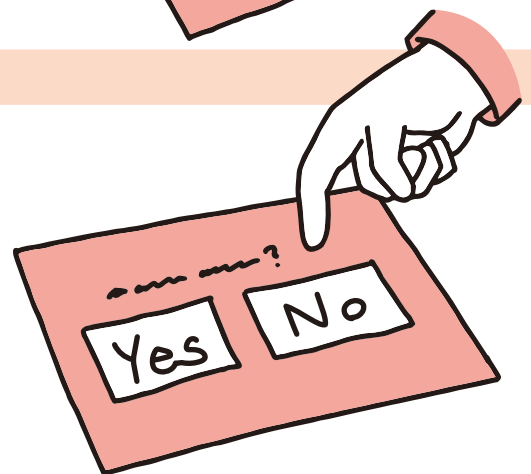
- Speak slowly
- Speak loudly and clearly



Written
communication



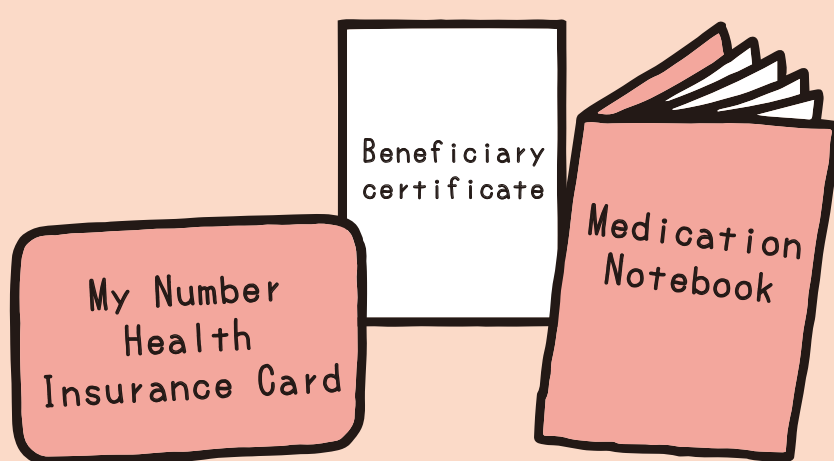
Picture cards



Other

3 初回・来店時

Please present your My Number Health Insurance Card (proof of eligibility), beneficiary certificate (for children, single mother or father, disability), and medication notebook.



I forgot my _____.

I want to make
a new one
(medication book).

Do you know how to use the card reader for reading the My Number Health Insurance Card?

Yes

No

4 初回・来店時

Are you pregnant?

Yes

No

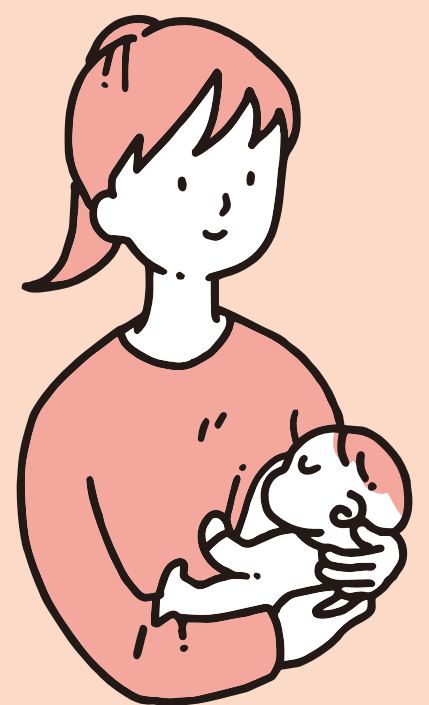
Maybe,
but I don't know.



Are you currently
breastfeeding?

Yes

No



Would you prefer
generic drugs?

Yes

No

I have no preference.

I'm not sure.

What are
generic drugs?




Generic drugs are off-patent drugs containing the same active ingredients as new drugs approved for manufacturing and marketing by the Ministry of Health, Labour and Welfare. They are less expensive than new drugs, reducing out-of-pocket costs for patients.

How is your
physical condition?

 Very good

 Good

 Neither

 Bad

 Very bad

Do you have any
concerns about
specific illnesses
or your body
in general?



No

Yes

8 服藥指導(初回)

Have you ever experienced side effects (e.g., allergies) from a medication?

No

Yes

- I felt sick.
- I felt difficulty breathing.
- My body became itchy.
- I developed bumps on my body.
- My stool became softer or harder.
- It upset my stomach.
- I experienced strong drowsiness.
- Other

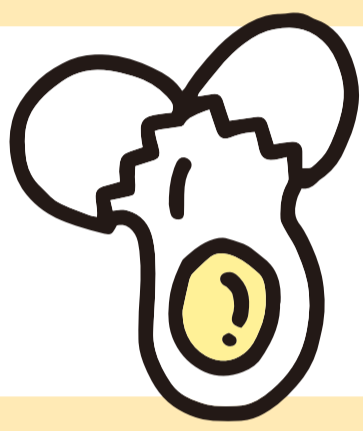


Do you know what that medication is?

9 服藥指導(初回)

Do you have
any food allergies?

No



Egg



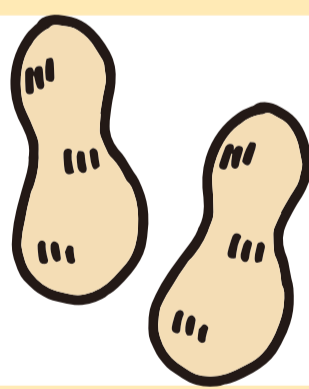
Milk



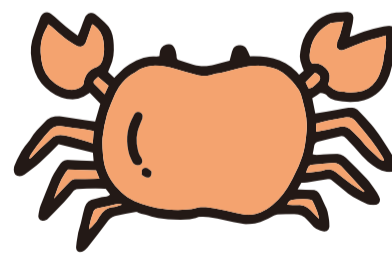
Wheat



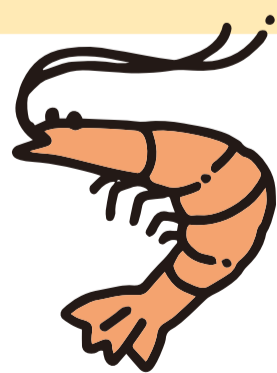
Soba
(buckwheat)



Peanut



Crab



Shrimp

Other

10 服藥指導(初回)

Do you have
any other allergies?

No

 **Animal** 
(Dog, Cat, Other)

  **Pollen**  
(cedar, cypress, birch)


House dust

Other

11 服藥指導(初回)

Are you currently undergoing medical treatment for any particular illness or disease?

No

Yes

- Diabetes mellitus
- Respiratory diseases
- Hypertension
- Blood disorders
- Chronic heart, kidney or liver diseases
- Cancer
- Dialysis
- Other



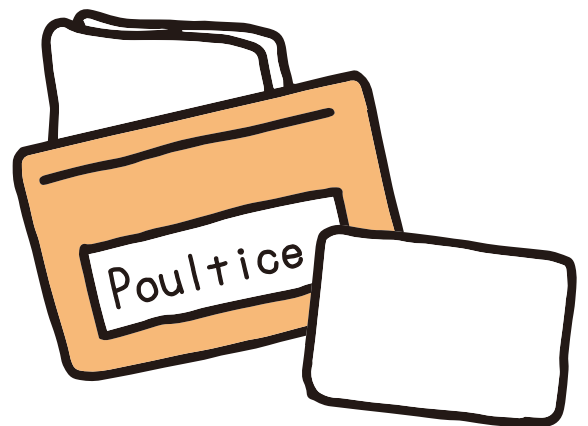
12 服藥指導(初回)

Are you currently taking any medications?

No

Yes

- Blood pressure-lowering medication
- Diabetes medication
- Allergy medication
- Heart medication
- Osteoporosis medication
- Sleeping pills
- Painkillers
- Cholesterol medication
- Others
(such as over-the-counter medication)



13 服藥指導(初回)

Do you drink alcohol?

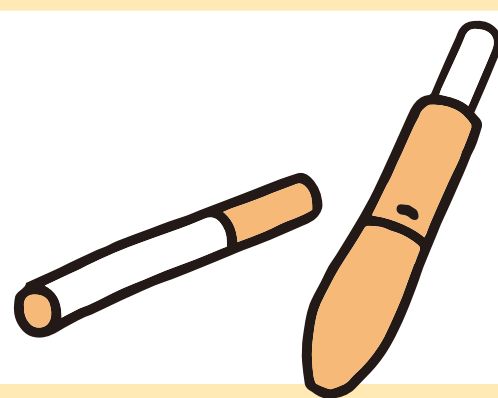


Yes

No

Do you smoke cigarettes (including electronic cigarettes)?

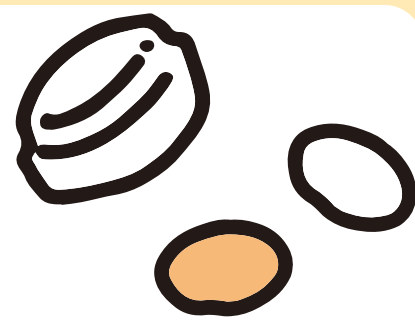
Yes



No

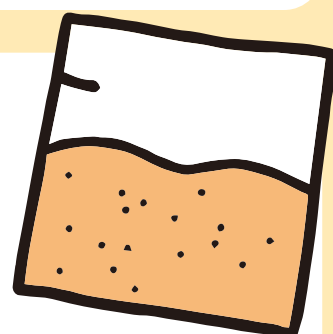
Are there any medications you have difficulty swallowing?

Tablets



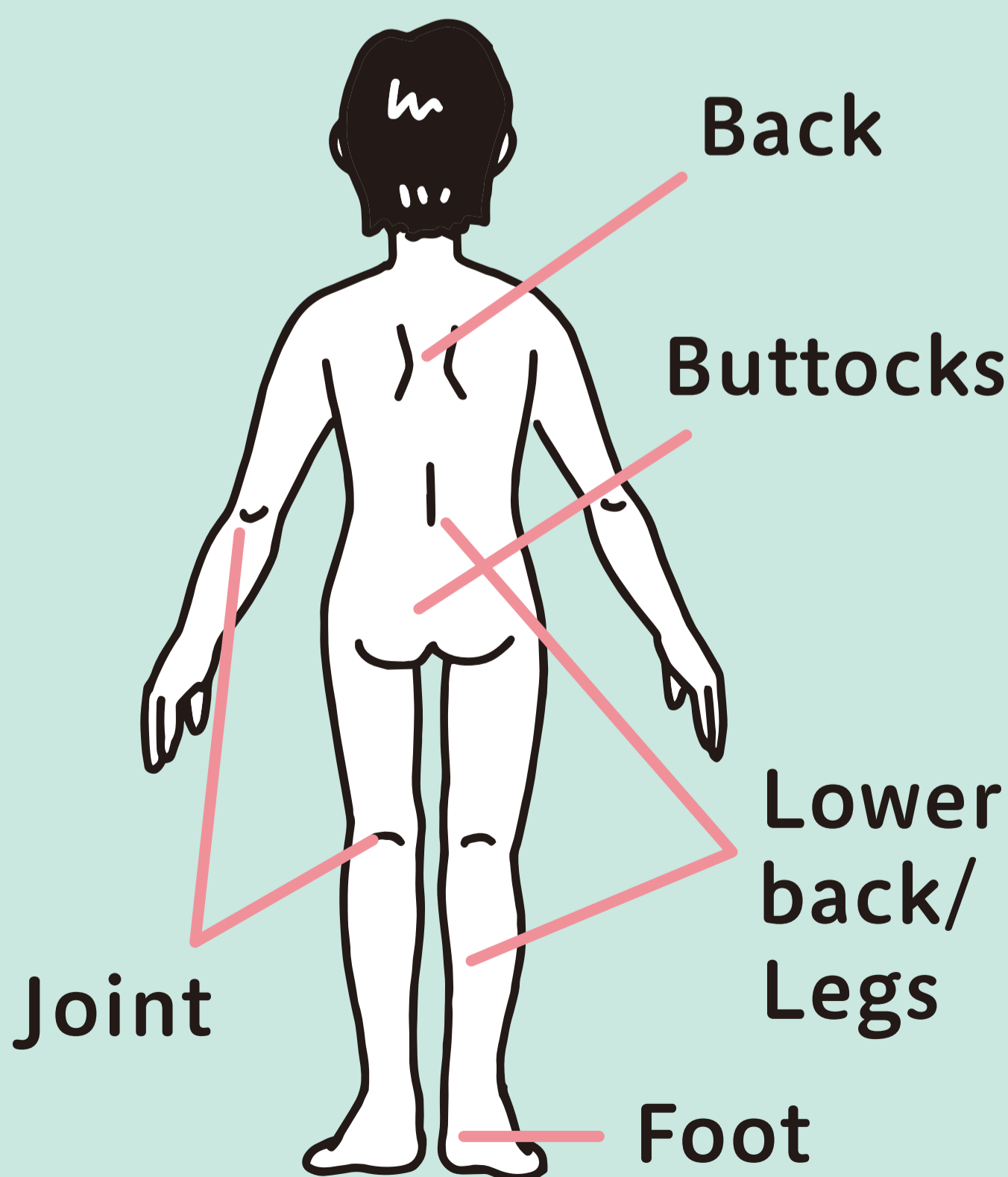
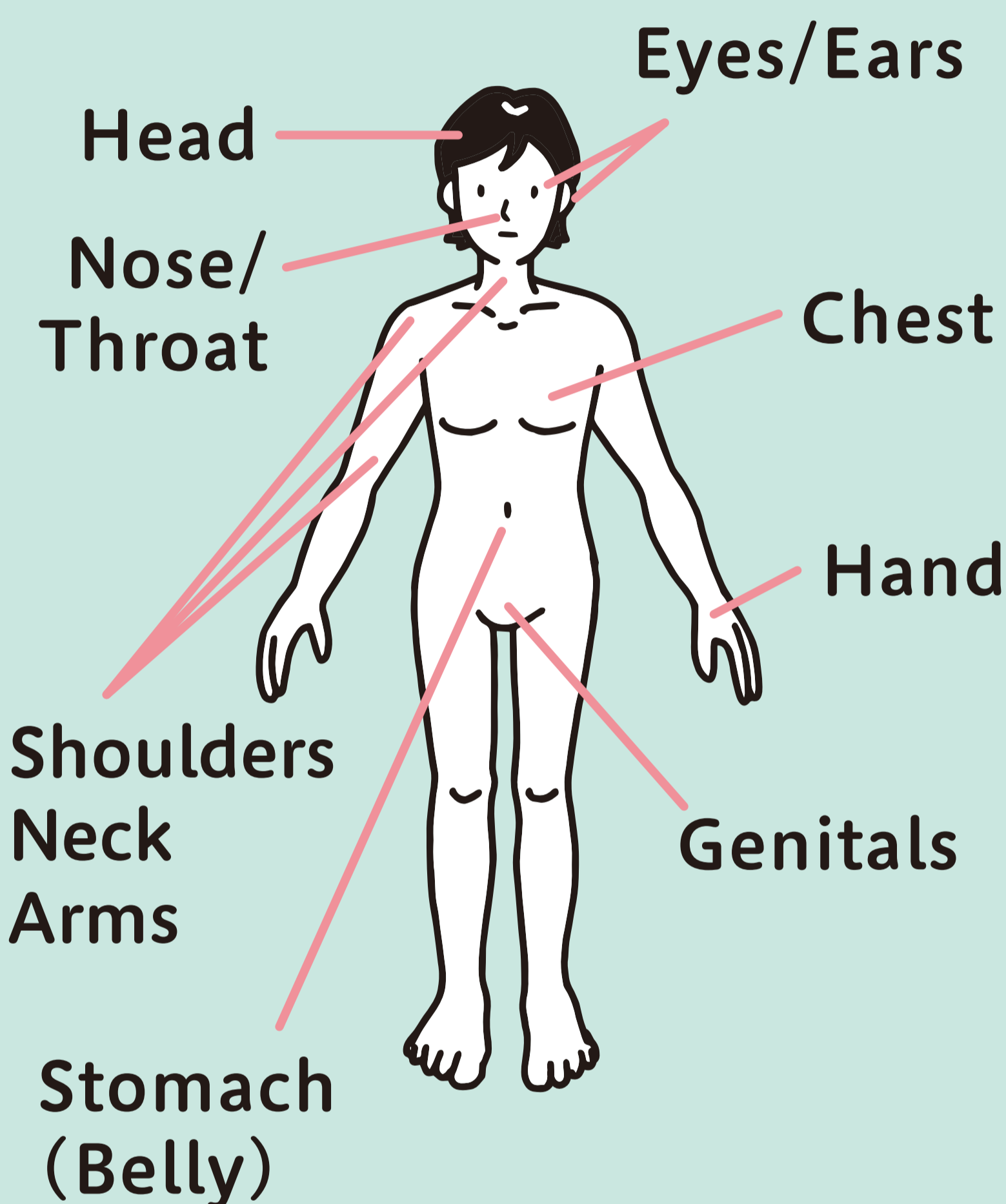
 Capsules

Powdered medication



14 症状確認ツール

Please indicate where you are experiencing discomfort:



15 症状確認ツール

Cold or cold-like symptoms

- Fever



- Cough
- Sore throat
- Phlegm



- Chills
- Joint pain



- Runny nose (stuffy nose)
- Headache



16 症状確認ツール

Eye and nose symptoms (Excluding cold or cold-like symptoms)

- Eye pain
- Itchy eyes
- Redness
- Dry eyes
- Tearing



- Nose pain
- Nosebleeds
- Loss of smell
- Sneezing



17 症状確認ツール

Oral and throat symptoms (Excluding cold or cold-like symptoms)

- Mouth ulcers
- Tooth pain



- Loss of taste



- Dry throat and mouth
- I lost my voice
- Sensation of discomfort or a foreign body in the throat



18 症状確認ツール

Ear and dizziness symptoms

Difficulty hearing



Ear pain



Ringing in the ears



Dizziness



19 症状確認ツール

Chest and abdominal symptoms

- Chest pain
- Palpitations/
shortness of breath
- Difficulty breathing



- Abdominal pain
- Abdominal bloating gas
and discomfort



- Diarrhea
- Constipation



- Nausea
- Heartburn
- Loss of appetite



Skin symptoms

- Itchiness
- Pain



- Redness
- Burn



- Bumps
- Hives



- Swelling
- Painful wounds



21 症状確認ツール

Bone and muscle symptoms in the hands, feet, or other parts of the body

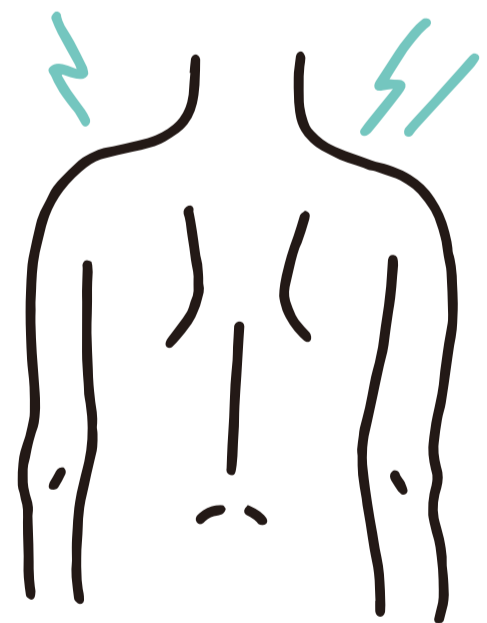
- Sprain



- Knee pain
- Joint pain



- Back pain
- Stiff neck and shoulders
- Lower back pain



- Muscle pain
- Numbness
in the hands
and/or feet



Other symptoms

Motion sickness



Inability to sleep



Severe menstrual cramps



Feelings of depression

**Hallucinations/
auditory hallucinations**

Seizures

Menopausal symptoms

23 服藥指導(每回)

Did you ever forgotten
to take
medication regularly?
(You skipped it sometimes)

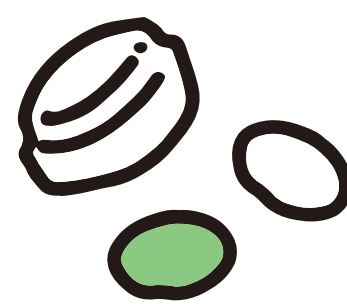
*This is to confirm the effects
of the medication.

No

Yes

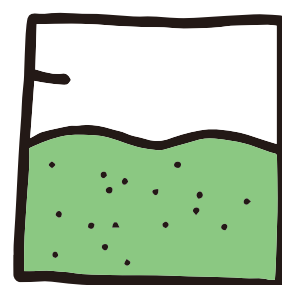
Are there any
medications you have
difficulty swallowing?

Tablets



Capsules

Powdered
medication



24 服藥指導(毎回)

The medication being provided today is one that improves the symptoms of _____.

It suppresses the worsening of _____ symptoms.



It's the same medication as usual.

This is a new medication.

Dosage instructions

The recommended frequency for taking this medication is

Per day

Once

Twice

Three times

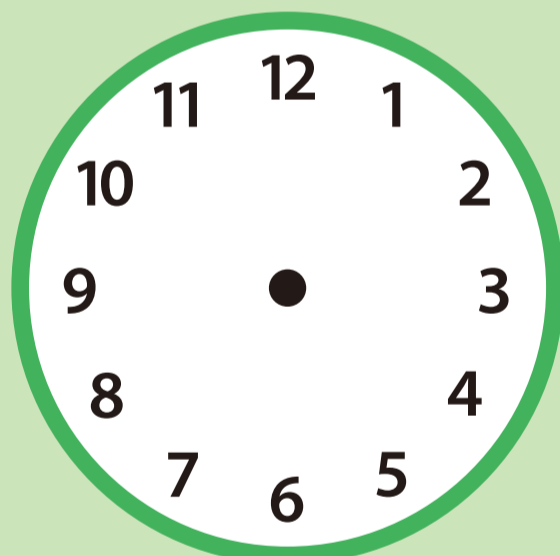
Once per week

Once per month

Every other day

On specified days

Timing for taking your medication



Upon waking

Before going to bed

Morning

Noon

Evening

After meals

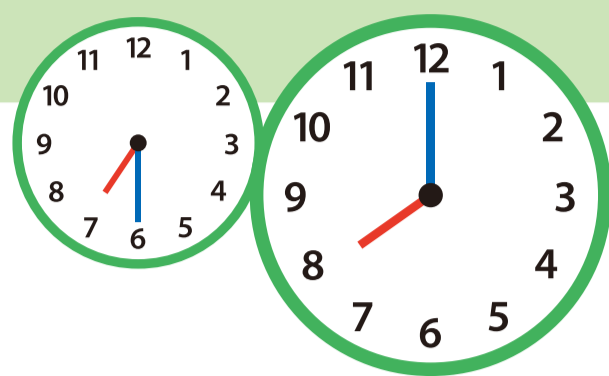
Before meals

Immediately before meals

Between meals

Dosage instructions

After meals

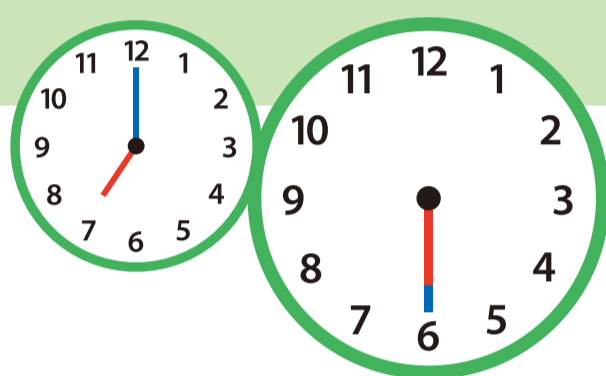


For a post-meal dose at 7:30 a.m. Take by 8:00 a.m.

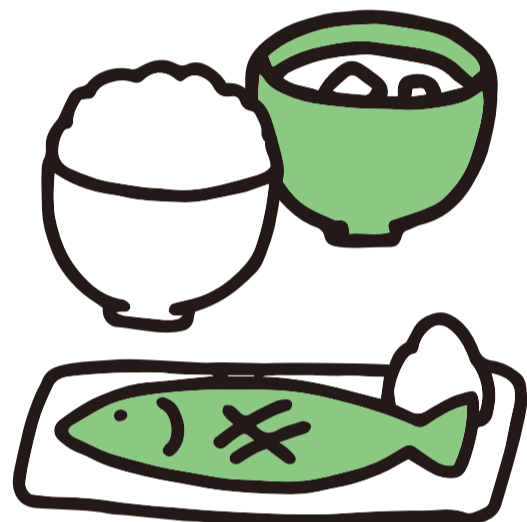


Within
30 minutes of
finishing
your meal

Before meals

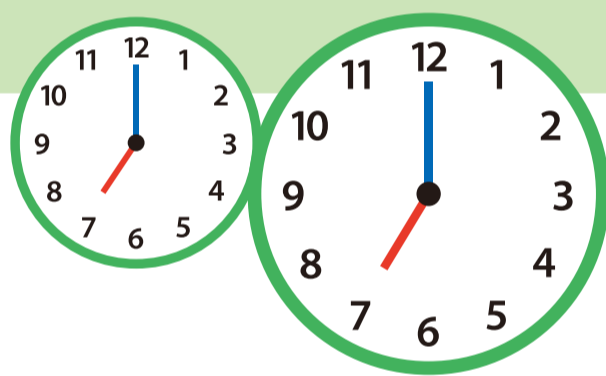


For a meal eaten at 7:00 a.m. Take by 6:30 a.m.



About
30 minutes
before
your meal

Immediately before meals

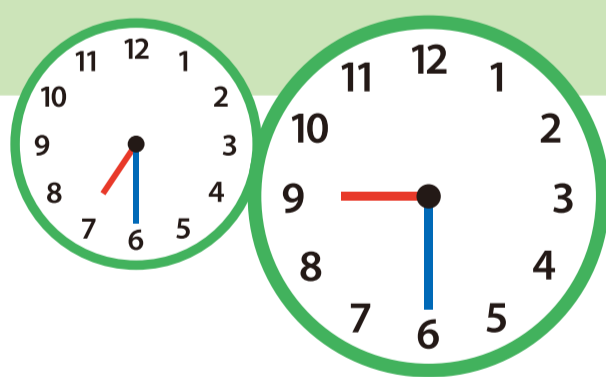


For a meal eaten at 7:00 a.m. Take by 7:00 a.m.



Immediately
before
your meal

Between meals



For a meal eaten at 7:30 a.m. Take by 9:30 a.m.



2 hours
after your meal
(on an empty stomach)

As needed



When
symptoms occur

Dosage instructions



Take
with water



Can be taken
without water



Pour
and take



Gargle



Inhale



Chew before
swallowing



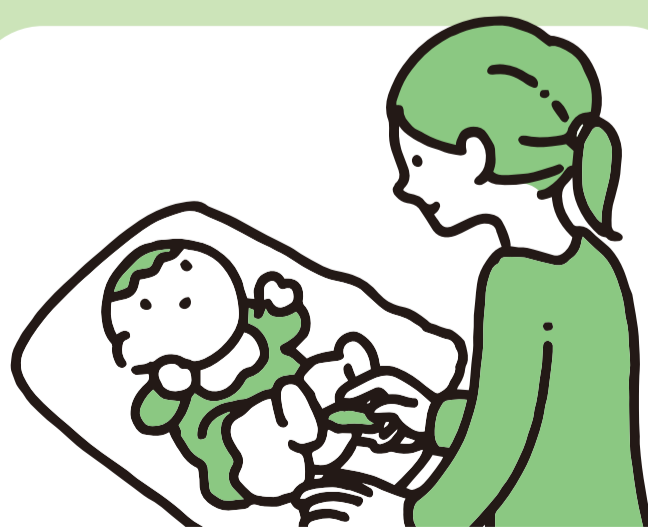
Apply with
your finger



Apply as
eye drops



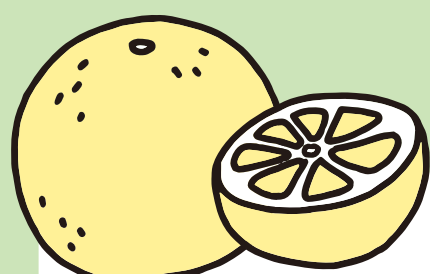
Apply
as a patch



Suppository

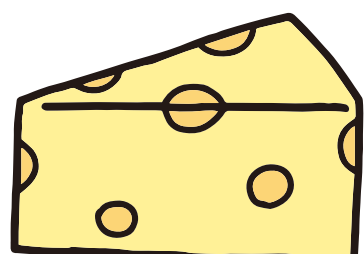


Don't take medications with these.



Grapefruit

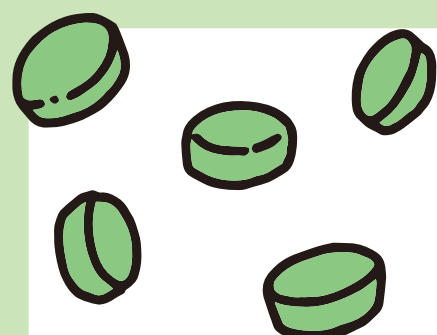
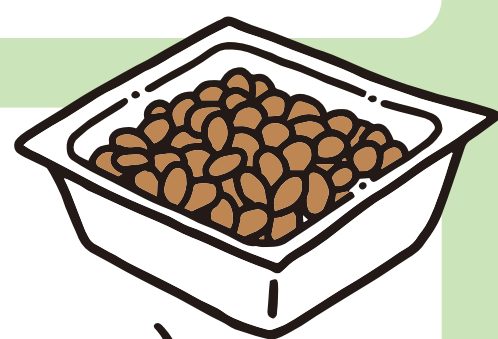
Milk



Cheese

Natto

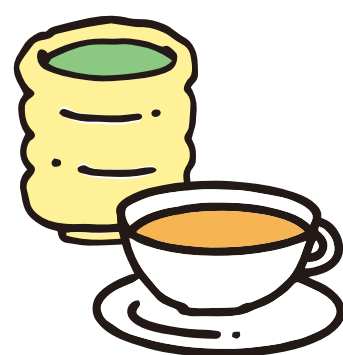
(fermented soybeans)



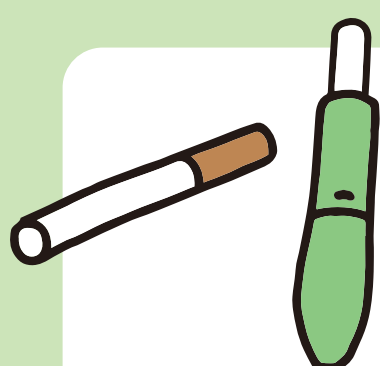
Chlorella



**Coffee,
Green Tea,
Black Tea**



Alcohol



Cigarettes

Side effects of the medication

This medication may cause the following side effects: _____.

Rash



Drowsiness

Diarrhea



Constipation

Stomach discomfort



Nausea

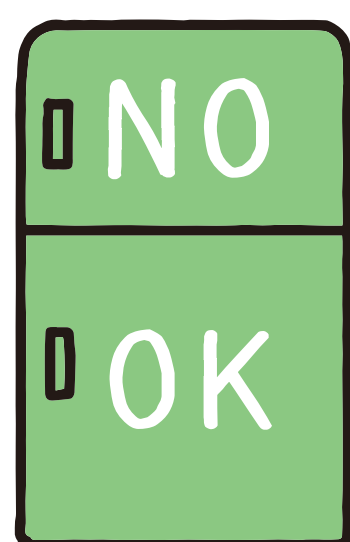
Anaphylactic shock



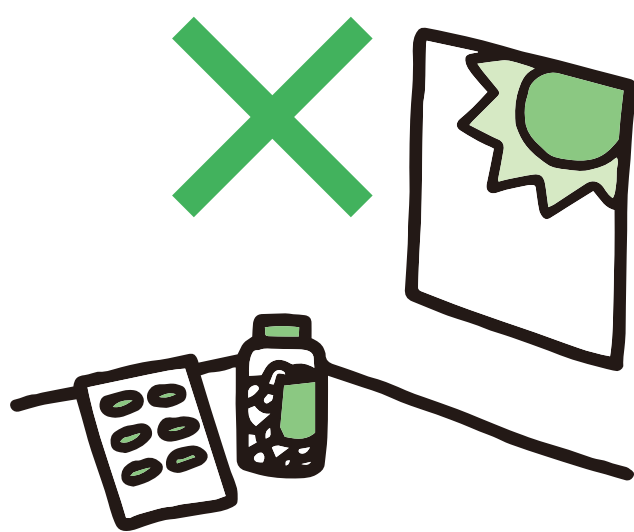
Itching

Storage of medication

Please store in the refrigerator.
(Don't store in the freezer)



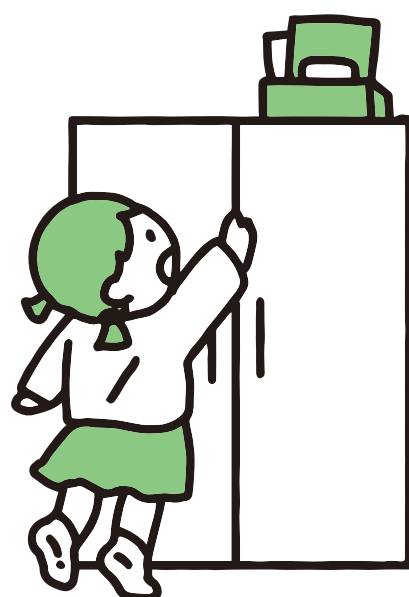
Please store away from direct sunlight.



Please store in a dry place.



Please keep out of reach of children.



Did you understand
my explanation?

Yes

Yes a little.

No

Do you have any
other questions?

No

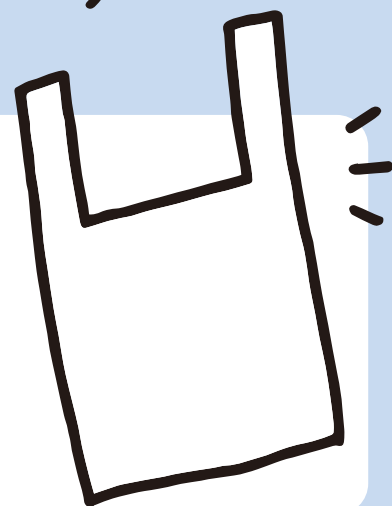
Yes

Please take care.



Do you need a bag
(available for a fee)?

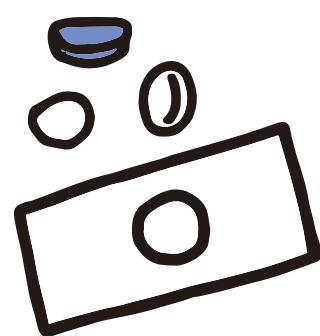
Yes



No

How would you
like to pay ?

Cash



Credit card

Other

