



# KNOW Tips for Taking Your Medication Correctly

## 1 Know your medication by the name and strength


Different brands of the **same** medication may **look different**

KNOWMEDS CLINIC  
MEDICINE DRIVE AVENUE 6 S(789100)

**PARACETAMOL 500MG** (20 Tablets)

TAKE 2 TABLETS FOUR TIMES A DAY WHEN NEEDED  
May be taken with or without food.  
Do not exceed 8 tablets in 24 hours.

AARUSHA SHARMA *for pain*  
Date: 15 Feb 2024




KEEP AWAY FROM CHILDREN

**PARACETAMOL 500MG TAB** (20 TAB)

TAKE 2 TABLETS FOUR TIMES A DAY WHEN NEEDED  
May be taken with or without food. Do not exceed 8 tablets in 24 hours.

AARUSHA SHARMA *for pain*  
SXXXX356F 05/1

KNOW YOUR MEDICINE POLYCLINIC PHARMACY  
MEDICINE ROAD 5(651234) TEL:65123456



Helps you to recognize when two different brands are the same medication



## 2 Follow the latest instructions on how to take your medication

KEEP AWAY FROM CHILDREN

**METFORMIN 850MG TAB** (50 TAB)


TAKE 1 TABLET THREE TIMES A DAY  
Take with or after food.

*for diabetes*

AARUSHA SHARMA  
SXXXX356F

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

15/12/2023



LOOK FOR THE LATEST DATE

Your doctor may change how you should take your medication over time



## 3 Use your medication with the earliest expiry date first



USE FIRST

Helps you to reduce medication wastage



Learn basic skills to manage medications

[moh.gov.sg/knowyourmeds](http://moh.gov.sg/knowyourmeds)



A National Pharmacy Strategy initiative  
[go.gov.sg/nps](http://go.gov.sg/nps)



In Collaboration with  
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH  
SINGAPORE