

# 6 basic mistakes when taking medicine make the disease forever

How to take the medicine the most right way, does not affect the health, and promote the effect of the drug is not everyone knows.

In daily life, taking medicine when sick is a necessary task for each of us. But in addition to choosing the right medicine, right disease, how to drink how to bring high efficiency to users, not everyone knows.

Many people when taking drugs often make very basic mistakes that they do not know that make them not only long but also dangerous for their own health.

## 1. Chew or crush medicine before drinking



Chewing or crushing a drug is a common practice in families with young children, who think that it is easier for them to do so. However, did you know that there are pills when crushing or chewing that will break down the release structure, alter the pharmacokinetics of the drug and may lead to loss or reduction of treatment effectiveness or toxicity user.

So, when you buy the medicine you should keep in mind, always consult a doctor or pharmacist to see if using this medicine to chew or crush medicine will affect the treatment.

## 2. Use the wrong type of water to take medicine



When drinking water pills is indispensable to help the drug easily dissolve and absorb into the body to help treat better. However, many people may be due to habit or laziness, they often think that medicine can only be put into the abdomen and dissolved, so no matter what water it can be milk, coffee, soft drink, and juice trees, green tea . But this is a completely misleading use, it not only eliminates the effects of drugs but also harms the health.

Therefore, you should keep in mind that, in addition to water, absolutely do not take the medicine with any other water, and remember to drink plenty of water to facilitate the dispersal of the drug, the body absorbs the drug more effectively. .

## 3. Take your medicine at your convenience



When shopping, we are often recommended that this medicine be suitable for use before or after a meal. They do it right, but the time to eat and take the medicine is too close to each other, so it often doesn't work, even in some

cases it increases the toxicity of the drug, making the disease worse.

Time to take standard medicine especially before or after mealtime is 30-60 minutes. At this time, the rice or medicine has enough time to absorb into the body to help the body help the effect of the drug.

#### **4. Lie right after taking the medicine**



When the body is tired, one of us just wants to rest in one place to rest. But this is not good when we just take the medicine, because after taking the medicine if you lie down right away, the medicine can only go halfway down the stomach, the rest will get stuck in the esophagus. This can damage the esophagus leading to coughing, inflammation, and can gradually damage the esophageal wall.

Therefore, after taking the medicine, you should try to sit for a while, or you can walk gently for 5-10 minutes so that the medicine completely enters the stomach to be safe for your health.

#### **5. Exercise immediately after taking the medicine**

It usually takes 30-60 minutes for the stomach to fully absorb and the new drug works. This process requires adequate blood circulation. The movement immediately after taking the drug will prevent the internal organs from providing the necessary amount of blood, reducing the effectiveness of drug absorption.

#### **6. Drink too many drugs at the same time**



This work will be difficult to avoid the interactions of drugs together. Each drug has its own therapeutic uses, different features. Therefore, if you take many drugs at the same time, it will affect the absorption, exchange, excretion of drugs in the body.

If an acidic drug is taken with an antibiotic, it will reduce the effectiveness of the drug. These two drugs should be taken 2-3 hours apart. Therefore, if it is imperative to drink many drugs, it is necessary to arrange the time and the number of times to be reasonable. Take each medication at least an hour apart.

You finished reading the article "**6 basic mistakes when taking medicine make the disease forever**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.