

Mock Conversation - Prescriptions and Medication Advice 处方及用药建议

Doctor: Good afternoon, how are you doing today?

下午好，今天过得怎么样？

Patient: Good afternoon, Doctor. I'm doing okay, but I wanted to talk to you about my **medications**. I sometimes forget to take them, and I'm not sure if I'm taking them correctly.

下午好，医生。我很好，但我想和你谈谈我的**药物治疗**。我有时会忘记服用它们，而且我不确定我是否正确服用它们。

Doctor: I'm glad you brought this up. Let's review your medications together. Can you tell me which ones you're currently taking?

我很高兴你提出这个问题。让我们一起检查一下您的药物。你能告诉我你目前正在服用哪些吗？

Patient: Sure. I take a blood pressure pill in the morning, a **cholesterol** pill at night, and a pain reliever for my **arthritis** when needed.

当然。我早上服用降血压药，晚上服用**降胆固醇药**¹，并在需要时服用治疗**关节炎**的止痛药。

Doctor: Okay, let's go over the details. Your blood pressure medication is Lisinopril, 10 mg once daily in the morning. Your cholesterol medication is Atorvastatin, 20 mg once daily in the evening. And for your arthritis, you're taking Ibuprofen, 200 mg as needed, up to three times a day. Is that correct?

好吧，我们来看看细节。您的降血压药物是赖诺普利，每次 10 毫克，每天早上一次。您的胆固醇药物是阿托伐他汀，20 毫克，每天晚上一次。对于关节炎，您可以根据需要服用布洛芬 200 毫克，每天最多 3 次。那是对的吗？

Patient: Yes, that's right. But sometimes I forget to take the Lisinopril in the morning, and I get confused about whether I've taken my Atorvastatin at night.

恩，那就对了。但有时我忘记早上服用赖诺普利，并且我对自己是否在晚上服用阿托伐他汀感到困惑。

Doctor: It's important to take your medications as prescribed to manage your conditions effectively. Here are a few strategies to help you remember:

按照处方服用药物对于有效控制您的病情非常重要。以下是一些可以帮助您记住的策略：

1. **Use a Pill Organizer:** You can get a weekly pill organizer with compartments for each day and time of day. This way, you can set up your medications in advance and easily see if you've taken them.

使用药丸整理器：您可以获得每周一次的药丸整理器，其中有用于每天和一天中不同时间的隔间。这样，您可以提前设置药物并轻松查看您是否已服用药物。

2. **Set Alarms:** Use a watch, phone, or alarm clock to set reminders for when it's time to take your medications.

设置闹钟：使用手表、手机或闹钟设置服药时间提醒。

3. **Link to Daily Routines:** Try to take your medications at the same time as a regular daily activity, like brushing your teeth or having a meal. This can help you remember more easily.

日常活动链接：尝试在进行常规日常活动（例如刷牙或吃饭）的同时服用药物。这可以帮助您更轻松地记住。

4. **Keep a Medication Diary:** Write down each time you take your medication. This can also be helpful if you need to show someone else, like a family member or caregiver.

记服药日记：记下每次服药的时间。如果您需要向其他人（例如家庭成员或看护者）展示，这也会很有帮助。

Patient: Those are great ideas. I think setting an alarm on my phone could really help.

这些都是很棒的想法。我认为在手机上设置闹钟确实很有帮助。

Doctor: That's a good plan. Let's also talk about what to do if you miss a dose. If you forget to take your Lisinopril in the morning, take it as soon as you remember, unless it's almost time for your next dose. For Atorvastatin, if you miss a dose, just take your next dose at the regular time. Don't double up.

这是一个好计划。我们还讨论一下如果您错过服药该怎么办。如果您早上忘记服用赖诺普利，请在想起来后立即服用，除非快到下一次服药时间了。对于阿托伐他汀，如果您错过一剂，只需在正常时间服用下一剂即可。别吃重复了。

Patient: Okay, I'll remember that. And for Ibuprofen, I should only take it when I need it, right?

好的，我会记住的。对于布洛芬，我应该只在需要时服用，对吗？

Doctor: Yes, exactly. Only take the Ibuprofen when you need it for pain relief, and make sure not to exceed the maximum of three doses in one day.

对，就是这样。仅在需要缓解疼痛时才服用布洛芬，并确保一天内最多服用三剂。

Patient: Thank you, Doctor. I'll start using these reminders and see if it helps.

谢谢医生。我将开始使用这些提醒，看看是否有帮助。

Doctor: You're welcome. If you continue to have trouble or have any other concerns, please don't hesitate to call the office, or call the medical hotline for questions: 1-866-797-0007. Your health is important, and we're here to help you manage it.

不客气。如果您仍然遇到问题或有任何其他疑虑，请随时致电办公室，或拨打医疗热线咨询：1-866-797-0007。您的健康很重要，我们随时帮助您管理健康。

Patient: I appreciate that. I'll do my best to stay on top of my medications.

我很感激。我会尽力坚持服药。

Doctor: Take care, and I'll see you at your next appointment.

保重，下次约会时见。

Patient: Thank you, Doctor.

谢谢医生。