

**Q: Why should we take medicine with water?**

A: Water contains no other substances that may affect the absorption of medicine.

**Q: What about the other beverages?**

A: Milk contains minerals such as calcium and magnesium. These minerals will form undissolvable complex with some medicines and antibiotics, thereby reducing their absorption and effectiveness.

Tea and coffee contain caffeine. Taking certain anti-influenza medicines with tea or coffee may result in a rise in blood pressure.

Tea also contains theophylline, tannin and tannic acid. They interfere with some medicines and affect drug effectiveness.

Alcoholic drinks will aggravate side effects of medicine, such as drowsiness, and reduce effectiveness of some diabetic medicines.

Some soft drinks and fruit juice contain fruit acids that will affect absorption of some medicines and reduce their effectiveness.

The above guidelines are for reference only. Please consult your doctor or pharmacist if you have any queries. HKBH Drug information hotline: 2339 8964