

# 清水服藥



問：為什麼要用清水服藥？

答：因為清水不含其他物質，不會影響藥物吸收。

問：用其他飲料服藥可以嗎？

答：牛奶含有鈣及鎂等礦物質，會與某些抗生素和藥物形成難以吸收的合成物，繼而減低藥效。

茶及咖啡含有咖啡因，如果與某些感冒藥或通鼻塞藥同服，可能會令血壓上升，加速心跳，產生心悸的症狀。茶含有茶鹼、鞣酸及丹寧酸，亦會與藥物產生相互作用，影響藥效。

酒類會和止痛、鎮靜、安眠藥物等發生相互作用，延緩藥物代謝速度，導致出現藥物毒性反應。

汽水及果汁呈酸性亦會影響藥物吸收。



此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。香港浸信會醫院藥物查詢熱線：2339 8964

# Take Medication(s) with water

**Q: Why should we take medication(s) with water?**

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

**Q: How about other beverages?**

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

Tea and coffee contain caffeine. Nasal decongestants or flu medication(s) may interact with tea or coffee and result in a rise in blood pressure, increase in heart rate, or symptoms of palpitations.

Tea also contains theophylline, tannin and tannic acid. They interact with some medication(s) and affect drug effectiveness.

Alcoholic drinks will interact with some medication(s) like pain killers, medication for anxiety or sleeping pills. It may delay the metabolism, thus enhancing the toxicity of such medication(s).

Soft drinks and fruit juice are usually acidic which will affect absorption of some medicines.

The information above are for reference only. Please consult your doctor or pharmacy staff if you have any queries. Hong Kong Baptist Hospital drug information hotline: **2339 8964**

