

## Common Medication Mistakes

- 1. Taking too much.** *Exceeding your prescribed dose or taking too many over the counter medications or supplements can increase the risk of overdosing and side effects. Always follow the instruction on the label!*
- 2. Taking multiple over the counter medications without consulting a doctor.** *Multiple medications may include the same active ingredient resulting in overdose. For example, cocodamol contains codeine and paracetamol, therefore paracetamol should not be taken in addition to this.*
- 3. Taking medications too often.** *This can confuse the recommended dosing regime. For example, a healthy adult weighing over 50 kg can take a maximum of 8 paracetamol tablets per 24-hour period. Taking paracetamol too often may result in overdose, always leave 4-6 hours in-between doses.*
- 4. Eating or not eating as directed.** *This may affect the absorption of the drug or result in an increase of side effects.*
- 5. Interactions.** *Medications may interact with other medications, alcohol, herbal preparations or supplements, which may increase the risk of toxicity.*
- 6. Expired or inappropriately stored medication.** *Although not increasing the risk of toxicity, if a medication has expired or has been stored incorrectly, it may have become less effective.*
- 7. Not understanding prescriptions.** *It is important to ask questions and understand what you are taking, this will lead to less errors when taking your medication, speak to your GP or pharmacist!*
- 8. Taking other people's prescribed medication.** *This may increase the risk of side effects, interactions or toxicity. For example, opioids; patients who are not used to taking opioids may experience symptoms at a much lower dose than patients who are prescribed opioids.*
- 9. Not checking the label after collecting from the pharmacy.** *Mistakes can happen during the dispensing of medicines, so it is important check your prescription matches what you are expecting, and that the dose is correct before taking it.*
- 10. Forgetting to report side effects.** *Reporting any side effects experienced as a result of taking a medication or getting a vaccination is extremely important, this will improve overall medicine safety – report to the Yellow Card Centre (<https://yellowcard.mhra.gov.uk/>)*



# Camgymeriadau Meddyginiaethau Cyffredin

- 1. Cymryd gormod.** *Gall cymryd mwy na eich dos presgripsiwn neu gormod o feddyginiaethau dros y cownter gynyddu'r risg o gymryd gorddos gwenwynig - dilynwch y cyfarwyddiadau ar y label!*
- 2. Cymryd nifer o feddyginiaethau dros y cownter heb ymgynghori â meddyg.** *Gall nifer o feddyginiaethau cynnwys yr un cynhwysion, gall hyn arwain at gorddos. Er enghraifft, mae cocodamol yn cynnwys codein a paracetamol, felly ni ddylid cymryd paracetamol dros y cownter yn ychwanegol at hyn.*
- 3. Cymryd meddyginiaethau yn rhy aml.** *Gall arwain at gorddos, er enghraifft, gall oedolyn iach sy'n pwyso dros 50 kg ond cymryd hyd at 8 tabled paracetamol mewn 24-awr. Gall cymryd paracetamol yn rhy amal arwain at gorddos, disgwyliwch 4-6 awr rhwng pob dos.*
- 4. Bwyta neu beidio â bwyta fel y cyfarwyddir.** *Gall hyn effeithio ar amsugno'r cyffur neu arwain at sgîl-ffeithiau cynyddol.*
- 5. Rhyngweithiadau.** *Gall meddyginiaethau rhyngweithio â meddyginiaethau eraill, alcohol, paratodau herbal neu atchwanegiadau, yn cynyddu'r risg o sgîl-ffeithiau.*
- 6. Meddyginiaeth wedi dod i ben neu wedi'i storio'n anaddas.** *Er nad yw'n cynyddu'r risg o wenwyndra, os yw meddyginiaeth wedi dod i ben neu wedi cael ei storio'n anghywir, gall ddod yn llai effeithiol.*
- 7. Ddim yn deall eich presgripsiynau.** *Mae'n bwysig gofyn cwestiynau a deall beth rydych chi'n ei gymryd, bydd hyn yn arwain at lai o gamgymeriadau wrth gymryd eich meddyginiaeth, siarad â'ch meddyg teulu neu fferylllydd!*
- 8. Cymryd meddyginiaethau pobl eraill.** *Gall hyn gynyddu'r risg o sgîl-ffeithiau, rhyngweithio neu wenwyndra. Er enghraifft, opioidau; gall cleifion sy'n ddiniwed i driniaeth opioidau sydd yn cymryd opioidau rhywun arall, ddatblygu symptomau ar ddos llawer is na chleifion sy'n cael eu rhagnodi opioidau.*
- 9. Peidio â gwirio'r label ar ôl casglu o'r fferyllfa.** *Gall camgymeriadau ddigwydd wrth ddsbarthu meddyginiaethau, felly mae'n bwysig gwirio bod eich presgripsiwn yn cyfateb i'r hyn rydych chi'n ei ddisgwyl, a bod y dos yn gywir cyn ei gymryd.*
- 10. Anghofio adrodd sgîl-ffeithiau.** *Mae'n ofnadwy o bwysig i adrodd unrhyw sgîl-ffeithiau achosir gan feddyginiaethau neu frechlynnau, fydd hyn yn gwella diogelwch meddygaeth yn gyffredinol – Ewch i'r Ganolfan Cardiau Melyn (<https://yellowcard.mhra.gov.uk/>)*

[www.gwenwyn.cymru](http://www.gwenwyn.cymru)

Gwasanaeth Gwybodaeth  
Cenedlaethol am Wenwynau



**#MedSafetyWeek**  
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