

# 中药颗粒常规冲泡法

## Directions for use of Granules Sachets.

1

每一个蓝色信封内的药物都是一天的用量。将每一袋颗粒剪开倒入同一杯中。

Each blue medication envelope contains 1-day portion of the prescribed medicine.

Cut open all the sachets and pour into a cup.



2

加入约 200~300 毫升的沸水冲泡即可、

并适当搅拌均匀，至到溶解。待温度适中可服用。

Add 200-300ml of boiling water and stir to mix all granules well.

3

根据医嘱等量分次服用。

分两次服用者，第一次喝一半分量；6 小时后，加入 100ml 的热水，服完。

后一顿服用时要把药液稍微加热，不可冷服。

Consume the medication as per physician advice.

For medication to be consumed twice daily (recommended 6 hours apart),

consume 1/2 the amount for the 1<sup>st</sup> consumption;

add in approx. 100ml of hot water before the 2<sup>nd</sup> consumption.

4

医嘱

如果不适，停止服药，咨询您的中医师。

中药配方颗粒，贮存时宜存放于阴凉、干燥处。

Medication Advice

If unwell, stop the medication and contact your TCM physician.

Store all medication in a cool and dry environment.



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