

# SPANISH LABELING GUIDE

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**ABSTRACT:** A systematic reference of English-Spanish prescription label translations is presented. The purpose of the reference list (which is the most comprehensive published to date) is to enable a pharmacist to write precise, accurate label directions in Spanish for any patient who cannot read English.

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**KEY WORDS:** Spanish, translation, foreign language, label directions.

THE PRESCRIPTION LABEL SIGNAS in this article, with their accompanying Spanish translations, were gathered at the U.S. Public Health Service Outpatient Clinic in San Juan, PR, up to the time of its closure in September 1981. These labels were translated to fulfill the special needs of the many Hispanic patients who received general medical and dental care at the clinic.

Pharmacists in this unique situation—providing clinical services to non-English-speaking patients—find themselves challenged in two critical areas of ambulatory care practice: verbal and written communication of pharmaceutical information. This article represents our accumulated efforts over four years to solve the problem of written communication on prescription labels for our Spanish-speaking patients.

New prescription signas were collected and translated as they appeared each working day and eventually were organized under the various headings in Table 1. Our philosophy has been to use the most meticulous care in writing only correct, grammatical Spanish, while using words and phrases that are clear, easily understandable, and unmistakable to the majority of Hispanic patients of whatever origin or background. In several instances,

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we give alternative, more sophisticated renditions or identify regionalisms.

The list cannot cover all possible label directions, but an effort has been made to make it as comprehensive as possible: there are more than 500 paired sets of English-Spanish translations.

We have found that these label directions have greatly helped patients who have no knowledge of English or who speak English, but cannot read it. Pharmacy is making advances in patient counseling and clinical involvement and taking steps to improve patient compliance and prevent patient misunderstandings. The Hispanic population of our country is increasing, and this population has an acute need for medical information to be transmitted in Spanish. We hope that our efforts in systematic translation and interpretation will help concerned pharmacists provide a valuable and warmly appreciated service to their Spanish-speaking patients. ≈

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We also thank the U.S. Pharmacopeial Convention, Inc., for graciously allowing us to print portions of the *USP Dispensing Information 1980*. (*USP DI* is an annual publication, and the 1983 edition is now available.)

Table 6. Views of Supportive Personnel on Position Title\*

AREA SURVEYED	RESPONSES	
	NO.	(%)
Aware that state requires the title <i>supportive personnel</i>		
yes	31	(67.4)
no	15	(32.6)
Most appropriate title for this type of employee		
pharmacy supportive personnel	2	(4.3)
pharmacy technician	30	(65.2)
pharmacist's assistant	8	(17.4)
pharmacy clerk	0	(0.0)
technical pharmacy supportive personnel	2	(4.3)
Prefer state rules to allow legal use of other titles		
yes	36	(78.3)
no	0	(0.0)
no preference	9	(19.6)

\*Percentages are based on 46 respondents.

standards for supportive personnel. The FSHP, in conjunction with the Florida Pharmacy Association, determined the educational needs of Florida's supportive personnel in pharmacy at about the same time this survey was conducted.<sup>2</sup> A series of questions included in the survey were designed to identify how the supportive person views the merits of education and training. High school diplomas were held by 50.5 percent of the individuals surveyed, and another 47.9 percent of the group had completed some college courses (see Table 2). Of the 23 who had received some secondary education, 17 (73.9 percent) felt that it had improved their abilities as supportive personnel. This response rate indicates a significant consensus of opinion between the two professional pharmacy organizations in Florida and those supportive personnel with post-high-school educations. The organizations recently formulated a joint statement encouraging the initiation of a highly structured academic and practical program for supportive personnel at the community college level.<sup>2</sup>

As shown in Table 3, confidence in unit-dose and intravenous admixture preparation and drug packaging was substantial in this group. In addition, 93.8 percent of the group was already trained in unit-dose preparation and 60.4 percent in the preparation of intravenous admixtures. When asked whether additional training or coursework would improve individual abilities as supportive personnel, only one respondent saw no advantage to additional learning in this area (see Table 7).

### Summary

The 48 individuals who responded to the survey provided the first opportunity to investigate the collective views of supportive personnel in Florida. It is likely that some of these views would coincide with those of supportive personnel in other states. It would be interesting to compare them to results of a national survey as well.

The results of this survey offer some insight into a group of individuals who are a major part of the health

Table 7. Views on Standardized Education for Supportive Personnel

AREA SURVEYED	RESPONSE			
	YES		NO	
	NO.	(%)	NO.	(%)
Anticipation of benefit from specific teaching/training programs				
typing	16	(33.3)	23	(47.9)
handling hazardous chemicals	33	(68.8)	9	(18.8)
handling radioactive pharmaceuticals	29	(60.4)	12	(25.0)
receiving drug shipments	15	(31.2)	23	(47.9)
floor stock replenishment	16	(33.3)	22	(45.8)
computer utilization	33	(68.8)	8	(16.7)
prescription/order interpretation	23	(47.9)	18	(37.5)
pharmacy calculations	42	(87.5)	3	(6.2)
apothecary-metric conversions	40	(83.3)	1	(2.1)
Would additional training or coursework be expected to improve overall abilities?	39	(81.1)	1	(2.1)
			8	(16.7)
Standardized formal education at the community college level favored	35	(72.9)	3	(6.2)
			10	(20.8)

care delivery system but who only recently have been addressed as a specialized segment of that system. These people value educational experience and probably would benefit from an academic program specifically designed to prepare supportive persons for technical roles in pharmacy. State certification would provide a practical means of maintaining standards of education and work quality. Such an approach to the utilization of supportive personnel in pharmacy would encourage organizational advancement and career planning in what may be called technical pharmacy.  $\sphericalangle$

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### Section 1. Tablet, Capsule, Spoonful, and Dropper Dosing

- Take \_\_\_ tablet(s) capsule(s) \_\_\_ times \_\_\_ daily.  
Take one tablet daily.
- Take ½ tablet daily.  
Take 1½ tablets daily.
- Dissolve one tablet in a large glass of cool (cold) water and take daily.  
Take a total of \_\_\_ tablet(s) daily.
- Take \_\_\_ teaspoonful(s) \_\_\_ times daily.  
Take \_\_\_ tablespoonful(s) \_\_\_ times \_\_\_ daily.
- Take ½ teaspoonful \_\_\_ times daily.  
Dilute one teaspoonful in water and take \_\_\_ times daily.
- Dissolve one rounded teaspoonful in water and take \_\_\_ times daily.
- Mix one tablespoonful in water and take \_\_\_ times daily.
- Take one dropperful (up to the 0.6-ml mark) \_\_\_ times daily.
- Mix \_\_\_ drops in Coca Cola or orange juice and take \_\_\_ times daily.
- ¼ teaspoonful  
½ teaspoonful  
¾ teaspoonful
- (The authors advocate use of a measuring device instead of typing fractional teaspoonfuls on the prescription label.)
- Take until finished.
- Take for \_\_\_ days.  
Take for \_\_\_ full days.  
Take for \_\_\_ week(s).  
Take for at least \_\_\_ week(s).  
Take for \_\_\_ month(s).  
Take for maximum (minimum) of \_\_\_ days.
- Take \_\_\_ tablet(s) capsule(s) \_\_\_ veces al día.  
Tome una tableta diariamente. (Acceptable alternative translations for diariamente are al día [each day] or cada día [every day].)  
Tome media tableta diariamente.  
Tome una y media tabletas diariamente.  
Disuelva una tableta en un vaso grande de agua fresca (fría) y tómese diariamente.  
Tome un total de \_\_\_ tableta(s) diariamente.
- Tome \_\_\_ cucharadita(s) \_\_\_ veces al día.  
Tome \_\_\_ cucharada(s) \_\_\_ veces al día.
- Tome media cucharadita \_\_\_ veces al día.  
Diluya una cucharadita en agua y tome \_\_\_ veces al día.
- Disuelva una cucharadita llena en agua y tome \_\_\_ veces al día. (Colmada [heaping] could be used, but llena would be more widely and commonly understood.)  
Mezcle una cucharada en agua y tome \_\_\_ veces al día.
- Llene el gotero (hasta la marca de 0.6 ml) y tome \_\_\_ veces al día.
- Mezcle \_\_\_ gotas en Coca Cola o en jugo de china y tome \_\_\_ veces al día. (Naranja is used instead of china in most Latin countries and in Spain. In Puerto Rico, naranja denotes a small, sour, juiceless orange used for condiments. China is understood to mean an ordinary orange.)  
un cuarto de cucharadita  
media cucharadita  
tres cuartos de cucharadita

### Section 2. Duration of Dosing

- Take until finished.
- Take for \_\_\_ days.  
Take for \_\_\_ full days.  
Take for \_\_\_ week(s).  
Take for at least \_\_\_ week(s).  
Take for \_\_\_ month(s).  
Take for maximum (minimum) of \_\_\_ days.
- Tome hasta terminar el medicamento. or  
Tome hasta terminar esta medicina.  
Tome por \_\_\_ días.  
Tome por \_\_\_ días completos.  
Tome por \_\_\_ semana(s).  
Tome por lo menos durante \_\_\_ semana(s).  
Tome por \_\_\_ mes(es).  
Tome por un máximo (mínimo) de \_\_\_ días.

- Take for \_\_\_ days, then discontinue.
- Take two tablets three times daily for \_\_\_ days, then take two tablets four times daily for \_\_\_ more days.  
Take for a minimum of \_\_\_ days, even if problem clears up before then.

- Tome por \_\_\_ días, luego descontinúela. (for tablets and capsules)  
Tome por \_\_\_ días, pare de tomar. (for oral liquids)  
Aplique por \_\_\_ días, no use más. (for externals)  
Tome dos tabletas tres veces al día por \_\_\_ días, luego tome dos tabletas cuatro veces al día por \_\_\_ días adicionales.  
Tome por un mínimo de \_\_\_ días, aunque el problema haya desaparecido (is gone). or ... el problema terminado (is ended). or ... el problema se haya curado (is cured).

### Section 3. Dosing Intervals; Use of PRN

- as needed (when necessary)
- as needed for \_\_\_ when needed only as needed
- EXAMPLES
- Take two tablets every four hours as needed for pain.  
Take one capsule at bedtime as needed for sleep.  
Apply twice daily as needed for rash.
- Take \_\_\_ tablet(s) every four to (or) six hours.  
Take \_\_\_ tablet(s) every six to (or) eight hours.
- Take \_\_\_ tablet(s) every \_\_\_ hours.  
Take \_\_\_ tablet(s) every \_\_\_ minutes.  
Take \_\_\_ tablet(s) every ½ hour.  
Take one tablet three times daily, four hours apart.
- Take once daily.  
Take immediately.  
Take now.  
Take (use) as directed.  
Take routinely.  
Take at pleasure (freely).
- si la necesita (referring to one tablet or capsule)  
se las necesita (referring to more than one tablet or capsule)  
si lo necesita (referring to an external preparation)  
si la (las, lo) necesita para \_\_\_ (See Section 12, "For What?")  
cuando sea necesario  
solamente si la (las, lo) necesita
- Tome dos tabletas cada cuatro horas si las necesita para el dolor.  
Tome una cápsula al acostarse si la necesita para dormir.  
Aplique dos veces al día si lo necesita para la erupción.  
Tome \_\_\_ tableta(s) cada cuatro a (o) seis horas.  
Tome \_\_\_ tableta(s) cada seis a (u) ocho horas. (The change from o to u is required by grammar, because the following word also begins with o.)  
Tome \_\_\_ tableta(s) cada \_\_\_ horas.  
Tome \_\_\_ tableta(s) cada \_\_\_ minutos.  
Tome \_\_\_ tableta(s) cada media hora.  
Tome una tableta tres veces al día, cada cuatro horas. or Tome una tableta tres veces al día, separada cada cuatro horas.  
Tome una sola vez al día.  
Tome inmediatamente.  
Tome ahora.  
Tome (use) según indicado.  
Tome rutinariamente.  
Tome libremente. or Tome según guste.

**Section 4. Dosage Relative to Symptoms or to Presence of Other Drugs**

Do not take at same time as \_\_\_\_\_ (other medicines).  
 Do not take with \_\_\_\_\_  
 Take one teaspoonful of \_\_\_\_\_ with each dose of \_\_\_\_\_  
 Begin after having been off \_\_\_\_\_ for one week.  
 Begin taking after finishing \_\_\_\_\_  
 Take after taking \_\_\_\_\_  
 Start after finishing \_\_\_\_\_  
 If tolerated, take \_\_\_\_\_ times daily.  
 Take if not tolerating \_\_\_\_\_  
 Take if \_\_\_\_\_ does not give relief.  
 Take if \_\_\_\_\_ does not help.  
 Take for symptoms of \_\_\_\_\_  
 Stop when symptoms improve (are relieved).  
 Take if pain or symptoms recur.  
 Take for the duration of symptoms.  
 Take until problem is resolved.  
 Increase (Decrease) to \_\_\_\_\_ tablet(s) daily, if there is no change after \_\_\_\_\_ days.  
 Increase (Decrease) to \_\_\_\_\_ tablet(s) daily, then \_\_\_\_\_ times daily if there is good control (if condition improves).  
 Start taking at first sign of attack.  
 Take whenever pain occurs.  
 Take even if there is no pain.  
 Start taking in case of shoulder pain.  
 Taper to \_\_\_\_\_ tablet(s) at bedtime as pain diminishes.

If nausea occurs, decrease (increase) to \_\_\_\_\_ times daily.  
 Use if respiratory distress occurs at night or on weekends.  
 Take after each bowel movement.  
 Start taking one week before each menstrual period.  
 Continue therapy (treatment) for \_\_\_\_\_ hours after problem (symptoms) disappear(s).

**Section 5. Variable Dosage**

Take \_\_\_\_\_ tablet(s) up to \_\_\_\_\_ times daily.  
 May take up to \_\_\_\_\_ teaspoonful(s) daily.  
 Take ½ tablet at first, then one tablet daily.  
 Do not take more than \_\_\_\_\_ tablet(s) daily.  
 Do not exceed this dose.  
 Take \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily, if not more often. Do not exceed \_\_\_\_\_ tablet(s) daily.  
 May repeat one time.  
 Take \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily today, then \_\_\_\_\_ times daily tomorrow and thereafter.  
 Take \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily for first \_\_\_\_\_ doses, then \_\_\_\_\_ tablet(s) daily.  
 Take a maximum (minimum) of \_\_\_\_\_ tablet(s) per day (daily).  
 Decrease (Increase) current dose by \_\_\_\_\_ tablet(s) every \_\_\_\_\_ day(s).  
 Decrease (Increase) to \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily.  
 Take \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily today and tomorrow, \_\_\_\_\_ tablet(s) \_\_\_\_\_ times daily on Thursday, then \_\_\_\_\_ tablets daily.  
 Take \_\_\_\_\_ teaspoonful(s) every \_\_\_\_\_ hours, more frequently if needed.

Si le dá náuseas, reduzca (aumente) a \_\_\_\_\_ por día.  
 Use si tiene malestar respiratorio por las noches o en fin de semana. or Use si le molesta el sistema respiratorio por las noches o en (or durante el) fin de semana.  
 Tome después de cada evacuación.  
 Emplece a tomarla una semana antes de cada período menstrual. or Emplece a tomarla una semana antes de cada menstruación.  
 Continúe terapia (tratamiento) por \_\_\_\_\_ horas después que el problema (los síntomas) desaparezca(n).

Tome \_\_\_\_\_ tableta(s) hasta \_\_\_\_\_ veces al día.  
 Puede tomar hasta \_\_\_\_\_ cucharadita(s) diariamente.  
 Tome media tableta al empezar, luego una tableta diariamente.  
 No tome más de \_\_\_\_\_ tableta(s) al día.  
 No exceda esta dosis.  
 Tome por lo menos \_\_\_\_\_ veces al día.  
 Tome \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día, o más a menudo. No exceda \_\_\_\_\_ tableta(s) al día.  
 Puede repetirse una vez.  
 Tome \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día hoy, después \_\_\_\_\_ veces al día, mañana y subsecuentemente. or Tome \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día hoy, y de mañana en adelante \_\_\_\_\_ veces al día.  
 Tome \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día, por las primeras \_\_\_\_\_ dosis, luego \_\_\_\_\_ tableta(s) diariamente.  
 Tome un máximo (mínimo) de \_\_\_\_\_ tableta(s) por día (diariamente).  
 Disminuya (Aumente) la dosis actual (or corriente) a \_\_\_\_\_ tableta(s) cada \_\_\_\_\_ día(s).  
 Reduzca (or Disminuya) (Aumente) la dosis a \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día.  
 Tome \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día hoy y mañana, y \_\_\_\_\_ tableta(s) \_\_\_\_\_ veces al día el jueves, y luego \_\_\_\_\_ tableta(s) diariamente.  
 Tome \_\_\_\_\_ cucharadita(s) cada \_\_\_\_\_ horas o más frecuentemente si es necesario.

Take no more than \_\_\_ tablet(s), no more often than every \_\_\_ hours.

No tome más de \_\_\_ tabletas, no debe tomarlas más seguido de cada \_\_\_ horas. or No tome más de \_\_\_ tabletas, no debe tomarlas antes de cada \_\_\_ horas.

### Section 6. Dosage Relative to Mealtimes, Oral Liquids, or Foods

with breakfast  
before breakfast  
after breakfast  
with lunch  
before lunch  
after lunch  
with dinner (supper)  
before dinner (supper)  
after dinner (supper)  
with meals  
before meals  
after meals  
with a meal  
before a meal  
after a meal  
at mealtimes  
before each meal  
after each meal  
between meals  
Take with food or milk.  
Take with a glass of water.  
Take with liquid.  
Take with cold water.  
Take with orange (grape, fruit) juice.

con el desayuno  
antes del desayuno  
después del desayuno  
con la comida de medio día or con el almuerzo  
antes de la comida de medio día or antes del almuerzo  
después de la comida de medio día or después del almuerzo  
con la comida (cena)  
después de la comida (cena)  
con las comidas  
antes de las comidas  
después de las comidas  
con una comida  
antes de una comida  
después de una comida  
en (or con) las comidas  
antes de cada comida  
después de cada comida  
entre comidas  
Tome con alimento o leche.  
Tome con un vaso de agua.  
Tome con líquidos.  
Tome con agua fría.  
Tome con jugo de china (uva, fruta).  
(Orange is naranja in most Latin countries and Spain, china in Puerto Rico.)  
Tome \_\_\_ tableta(s) seguida por (de, con) un vaso de agua.  
Tome exactamente media hora después de las comidas.  
La tableta puede masticarse, disolverse en la boca o triturarse y añadirse a comidas sólidas o líquidas.

### Section 7. Dosage at Specific Times of the Day or Night

Take in the morning.

Tome en la mañana (early in the morning).  
or Tome por la mañana (anytime before noon).

Begin in the morning.  
Take each morning.  
Take in midmorning.  
Take in the evening.

Emplece en (or por) la mañana.  
Tome cada mañana.  
Tome a media mañana.  
Tome al anochecer.  
Tome en (or por) la noche.  
Tome si se despierta por la noche.  
Tome \_\_\_ tableta(s) esta noche.  
Tome a la medianoche.

Take if awaken at night.  
Take \_\_\_ tablet(s) tonight.  
Take at midnight.  
Take nightly.  
Take for \_\_\_ nights.

Tome por la noche.  
Tome por \_\_\_ noches.  
Tome al mediodía.

Tome \_\_\_ tableta(s) mañana al mediodía.  
Tome en la tarde.

Tome a media tarde.

Tome durante el día.

Tome durante la noche.

Tome mientras esté despierto (despierta, for females).

Tome durante las 24 horas.

Emplece mañana.

Emplece en \_\_\_ días.

Tome \_\_\_ tableta(s) a la 1 pm en punto.

Tome \_\_\_ tableta(s) a las 2 pm en punto.

Tome las tabletas de una sola vez (en una sola dosis), or Tome las tabletas al mismo tiempo.

Tome al levantarse y al acostarse.

Tome al levantarse.

Tome al despertar.

Tome \_\_\_ tableta(s) una hora después de despertarse (levantarse).

Tome al acostarse.

Tome a la hora de dormir.

Tome \_\_\_ tableta(s) diariamente al acostarse.

Tome una hora antes de acostarse.

Tome \_\_\_ tableta(s) \_\_\_ veces al día, incluyendo al acostarse.

Tome \_\_\_ tableta(s) \_\_\_ veces al día, más \_\_\_ tableta(s) al acostarse.

Tome \_\_\_ tableta(s) al acostarse por \_\_\_ días, luego \_\_\_ tableta(s) al acostarse de ahí en adelante.

Tome para la tos en la noche.

Take for cough at night.

### Section 8. Dosage on Specific Days (Nondaily Dosing)

Take on Monday, Wednesday, and Friday.

Tome los lunes, miércoles y viernes.

Take \_\_\_ tablet(s) three times weekly.

Tome \_\_\_ tableta(s) tres veces a la semana. or Tome \_\_\_ tableta(s) tres veces en semana.

Take \_\_\_ tablet(s) every other day.

Take \_\_\_ tablet(s) every other night.

Take \_\_\_ tablet(s) daily alternating with \_\_\_ tablet(s) daily, successively.

Take \_\_\_ tablet(s) every third day.  
Take for first three weeks of each month.

Take one tablet daily (on weekdays), except for Saturday and Sunday.  
Take one tablet daily for five days each week; skip weekends.

Take \_\_\_ tablet(s) daily, but \_\_\_ times daily on Monday, Wednesday, and Friday.

Take \_\_\_ tablet(s) on Monday.  
Take \_\_\_ tablet(s) on 1-26-82.  
In \_\_\_ week(s) increase (decrease) to \_\_\_ tablet(s) \_\_\_ times daily.

Use for \_\_\_ day(s), then stop for \_\_\_ day(s); then resume as directed.

Take \_\_\_ tablet(s) beginning on day of dental appointment.  
Take \_\_\_ tablet(s) one to two hours prior to dental appointment, then \_\_\_ tablet(s) every \_\_\_ hours for \_\_\_ doses.

Use in the morning before appointment; may repeat one time if not effective.  
Take \_\_\_ tablet(s) \_\_\_ times daily for \_\_\_ week(s), then stop taking for \_\_\_ day(s); then take \_\_\_ tablet(s) \_\_\_ times daily.

Inject 1 ml im twice monthly, day 1 and day 15.

### Section 9. Parenteral and Miscellaneous Dosage Forms

Inject \_\_\_ U subcutaneously each morning.

Take \_\_\_ tablet(s) every other day.  
Take \_\_\_ tablet(s) every other night.

Take \_\_\_ tablet(s) daily alternating with \_\_\_ tablet(s) daily, successively.

Take \_\_\_ tablet(s) every third day.  
Take for first three weeks of each month.

Take one tablet daily (on weekdays), except for Saturday and Sunday.  
Take one tablet daily for five days each week; skip weekends.

Take \_\_\_ tablet(s) daily, but \_\_\_ times daily on Monday, Wednesday, and Friday.  
Take \_\_\_ tablet(s) on Monday.  
Take \_\_\_ tablet(s) on 1-26-82.  
In \_\_\_ week(s) increase (decrease) to \_\_\_ tablet(s) \_\_\_ times daily.

Use for \_\_\_ day(s), then stop for \_\_\_ day(s); then resume as directed.

Take \_\_\_ tablet(s) beginning on day of dental appointment.  
Take \_\_\_ tablet(s) one to two hours prior to dental appointment, then \_\_\_ tablet(s) every \_\_\_ hours for \_\_\_ doses.

Use in the morning before appointment; may repeat one time if not effective.  
Take \_\_\_ tablet(s) \_\_\_ times daily for \_\_\_ week(s), then stop taking for \_\_\_ day(s); then take \_\_\_ tablet(s) \_\_\_ times daily.

Inject 1 ml im twice monthly, day 1 and day 15.

Inject \_\_\_ U subcutaneously each morning.

Inject \_\_\_ U subcutaneously each morning.

Inject \_\_\_ U subcutaneously each morning.

Chew \_\_\_ tablet(s) daily.

Dissolve \_\_\_ tablet(s) under the tongue \_\_\_ times daily.

Place \_\_\_ tablet(s) between gum and cheek \_\_\_ times daily.  
Suck one lozenge as needed.

Remove foil (wrapping) and insert one suppository rectally (vaginally) \_\_\_ times daily.

Retain suppository as long as possible.

Moisten suppository slightly with water before inserting.

Insert one applicatorful vaginally at bedtime.  
Use as mouthwash \_\_\_ times daily.

Rinse mouth \_\_\_ times daily.

Chew and swallow one tablet \_\_\_ times daily.

Mastique \_\_\_ tablet(s) diarismente.  
Disuelva \_\_\_ tablet(s) debajo de la lengua \_\_\_ veces al día.

Coloque \_\_\_ tablet(s) entre la encía y la mejilla \_\_\_ veces al día.

Chupe una pastilla cuando sea necesario. or Chupe una pastilla cuando se necesite.

Remueva el papel de aluminio (la envoltura) e inserte un supositorio rectalmente (vaginalmente) \_\_\_ veces al día. or Quite el papel de aluminio . . . .

Retenga el supositorio el mayor tiempo posible.

Humedezca levemente el supositorio con un poco de agua antes de insertarlo.

Llene el aplicador e inserte vaginalmente al acostarse.

Use como lavado bucal \_\_\_ veces al día. or Use para enjuagarse la boca \_\_\_ veces al día.

Enjuáguese la boca \_\_\_ veces al día.

Mastique y trague una tableta \_\_\_ veces al día.

### Section 10. Externals

Aplique externamente \_\_\_ veces al día.  
Aplique en el (las) área(s) afectada(s) \_\_\_ veces al día.

Use después de aplicar \_\_\_ veces al día.  
Aplique una pequeña cantidad \_\_\_ veces al día.

Aplique una capa fina \_\_\_ veces al día.  
Aplique libremente \_\_\_ veces al día.

Riegue un poco de crema (ungüento) en área afectada y friccionese suavemente \_\_\_ veces al día.

Córtelo al tamaño necesario y pegue en área afectada por \_\_\_ horas.

Cubra con envoltura plástica según indicado.

Aplique a la herida después de cada cambio de vendaje.

Limpie la herida diariamente.  
Use para limpiar la herida \_\_\_ veces al día.

Lávese \_\_\_ veces al día.

Lávese la cara (or el rostro) completamente, luego aplique \_\_\_ veces al día.

Aplique hasta que se cure. or Aplique hasta que se sane.

Use after washing with soap and water. Apply after showering.	Use después de lavarse con jabón y agua. Aplique después del baño.		
Apply to dampened washcloth and wash _____ times daily.	Aplique a un paño húmedo y lávese _____ veces al día.	to affected area of scalp	a todo el cuerpo
Add _____ capful(s) to bath water.	Añada (or Agregue) _____ tapet(s) llena(s) al agua del baño.	to face	al cuero cabelludo
Apply _____ capful(s) over body; wash off in shower and pat dry.	Aplique _____ tapet(s) llena(s) sobre el cuer- po; luego dese un baño y séquese	to cheek(s)	al área afectada del cuero cabelludo
Message into areat(s) _____ times daily.	suavemente.	to forehead	en la cara
Message into fingernail(s) _____ times daily.	Aplique con masaje en el (las) área(s) _____ veces al día.	to corners of mouth	a la(s) mejilla(s) or al (a los) pómullo(s)
Message into toenail(s) _____ times daily.	Aplique con masaje en la(s) uña(s) de la(s) mano(s) _____ veces al día.	to chin	(When right and left are specified, the ad- jective follows the noun. For example, "right arm" is "el brazo derecho," and "left arm" is "el brazo izquierdo.")
Message into nailbed(s) _____ times daily.	Aplique con masaje en la(s) uña(s) del (de los) pie(s) _____ veces al día.	to jaw	a la frente
Rub in gently _____ times daily.	Aplique con masaje debajo de la(s) uña(s) _____ veces al día.	to eyebrow(s)	a las orillas de la boca
Rub into affected areat(s) _____ times daily.	Friccione (Sobe, Frotese) suavemente _____ veces al día.	to lip(s)	a la barbilla
Rub into painful area _____ times daily.	Friccione en el (los) área(s) afectada(s) _____ veces al día.	to gums	a la quijada
Rub into area after using hot packs _____ times daily.	Aplique después de aplicar calor _____ veces al día.	to neck	a la(s) ceja(s)
Rub into area after using hot soaks _____ times daily.	Aplique antes de exponerse al sol.	to back	al (a los) labio(s)
Apply after using heat _____ times daily.	Aplique por las noches.	to chest	a las encias
Apply before sun exposure. Apply nightly.	Apique por la(s) noche(s), déjelo por _____ hora(s); quiteo antes de acostarse.	to throat	al cuello
Apply a thin film at bedtime, leave on overnight; wash off in morning; for a single treatment only.	Apique una capa fina al cuerpo al acostarse y déjese puesto toda la noche; lávese en la mañana; para un solo tratamiento.	to wrist	a la espalda
Shampoo as directed twice a week.	Lávese el pelo (or cabello) según indicado dos veces a la semana.	to arm(s)	al pecho
Apply between affected toes _____ times daily.	Apique entre los dedos de los pies afect- tados _____ veces al día.	to breast(s)	al (al los) pezón (pezones)
Spray affected area _____ times daily.	Rocíe el área afectada _____ veces al día.	to areat(s) under breast(s)	al (a los) busto(s) or al (a los) seno(s)
Sprinkle powder on affected area _____ times daily.	Rocíe el polvo en el área afectada _____ veces al día.	to hand(s)	al (a las) área(s) debajo del (de los) busto(s)
Soak hands _____ times daily.	Sumerja (Remoje, Sumerja y remoje) las manos _____ veces al día.	to palm of hand	a la(s) mano(s)
Soak entire body _____ times daily.	Sumérjase todo el cuerpo _____ veces al día.	to shoulder	a la palma de la mano
Apply after soaking _____ times daily.	Apique después de remojarlos _____ veces al día.	to elbow	al hombro
Do not apply to healthy skin. Apply . . .	Apique a piel sana. Apique . . .	to wrist	al (a los) brazo(s)
		to forearm	al codo
		to thumb	a la muñeca
		to underarm(s)	al antebrazo
		to leg(s)	al dedo pulgar
		to scrotum	a la (a las) axilla(s)
		to knee(s)	a la(s) pierna(s)
		to groin	al escroto
		to penis	a la(s) rodilla(s)
		to vulva	en la ingle
		to thigh	al pene
		to affected toe	a la vulva
		to big toe	al muslo
		to foot (feet)	al dedo del pie afectado
		to sole of foot	al dedo grande (or mayor) del pie
		to heel(s)	al (a los) pie(s)
		to ankle	a la planta del pie
		to dressing	al (a los) talón(es)
		to clean dressing	al tobillo
		to skin lesion(s)	al vendaje
		to rash	al vendaje limpio
		to abdominal rash	a la(s) lesión(es) de la piel
			a la erupción
			a la erupción abdominal

Echese gotas a los oídos después de nadar o después de estar en el agua.  
 Aplique a la mecha (gasa) \_\_\_\_\_ veces al día.  
 Echese en la nariz \_\_\_\_\_ veces al día.  
 Echese en cada fosa nasal \_\_\_\_\_ veces al día.  
 Echese \_\_\_\_\_ gotero(s) lleno(s) en cada fosa nasal \_\_\_\_\_ veces al día.  
 Haga gárgaras \_\_\_\_\_ veces al día.  
 Inhale \_\_\_\_\_ veces al día.  
 Inhale por la boca (nariz) \_\_\_\_\_ vez (veces) seguidá(s) \_\_\_\_\_ veces al día.  
 Aplique al interior de la dentadura parcial superior (inferior) (la que hace contacto con la piel) \_\_\_\_\_ veces al día.  
 Aplique dos o tres gotas a la lengua en la boca; escúpala después de dos o tres minutos.

Place drops in ears after swimming or after exposure to water.  
 Apply to wick (gauze) \_\_\_\_\_ times daily.  
 Place into nose \_\_\_\_\_ times daily.  
 Place into each nostril \_\_\_\_\_ times daily.  
 Place \_\_\_\_\_ dropperful(s) in each nostril \_\_\_\_\_ times daily.  
 Gargle \_\_\_\_\_ times daily.  
 Use \_\_\_\_\_ inhalations \_\_\_\_\_ times daily.  
 Inhale by mouth (nose) \_\_\_\_\_ actuation(s) \_\_\_\_\_ times daily.  
 Apply to inside of upper (lower) denture (to part that contacts the skin) \_\_\_\_\_ times \_\_\_\_\_ daily.  
 Apply 2-3 drops to sore in mouth; expectorate after 2-3 minutes.

a los músculos adoloridos  
 a la ulcera  
 a la verruga  
 al callo  
 a la llaga  
 al nódulo  
 en la herida del pie  
 al área operada  
 al área de la quemadura del sol  
 a las picadas de mosquito (insectos)  
 al área externa de la piel afectada  
 a partes blancas  
 a la cicatriz  
 al área de erupción que le pica  
 a la piel seca  
 al área alrededor de la lesión  
 a la(s) hemorroides(s)  
 a la(s) malga(s) (Nalga is an offensive term among some non-Puerto-Rican Hispanics.  
 Aplique a la(s) sentadera(s) would be an acceptable alternative.)  
 al área de los pañales  
 a la erupción causada por los pañales

to sore muscles  
 to ulcer  
 to wart  
 to corn  
 to sore  
 to nodule  
 to cut in foot  
 to operative area  
 to area of sunburn  
 to mosquito (insect) bites  
 to involved external skin  
 to white areas  
 to scar  
 to itching rash  
 to dry skin  
 to skin surrounding the lesion  
 to hemorrhoid(s)  
 to buttock(s)  
 to diaper area  
 to diaper rash

**Section 12. For What?**

**PAIN**

for pain (aching) \_\_\_\_\_  
 for pains \_\_\_\_\_  
 for severe pain \_\_\_\_\_  
 for very severe pain \_\_\_\_\_  
 for acute pain \_\_\_\_\_  
 for mild pain \_\_\_\_\_  
 for moderate pain \_\_\_\_\_  
 for discomfort \_\_\_\_\_  
 for severe headache \_\_\_\_\_  
 for migraine \_\_\_\_\_  
 for joint pain \_\_\_\_\_  
 for pain in hip \_\_\_\_\_  
 for pain in the side \_\_\_\_\_  
 for back pain \_\_\_\_\_  
 for mild back pain \_\_\_\_\_  
 for severe back pain \_\_\_\_\_  
 for pain in shoulder \_\_\_\_\_  
 for abdominal pain \_\_\_\_\_  
 for abdominal discomfort \_\_\_\_\_  
 for pain in the wrist \_\_\_\_\_  
 for leg pain \_\_\_\_\_  
 for knee pain \_\_\_\_\_  
 for ankle pain \_\_\_\_\_

para el dolor \_\_\_\_\_  
 para los dolores \_\_\_\_\_  
 para el dolor fuerte (or severe) \_\_\_\_\_  
 para el dolor muy (or bien) fuerte (or severe) \_\_\_\_\_  
 para el dolor agudo \_\_\_\_\_  
 para el dolor moderado (or suave) \_\_\_\_\_  
 para un poco de dolor o dolor moderado \_\_\_\_\_  
 para el malestar \_\_\_\_\_  
 para el dolor de cabeza \_\_\_\_\_  
 para el dolor fuerte de cabeza \_\_\_\_\_  
 para la migraña or para la jaqueca \_\_\_\_\_  
 para el dolor en las coyunturas \_\_\_\_\_  
 para el dolor en la cadera \_\_\_\_\_  
 para el dolor en el lado \_\_\_\_\_  
 para el dolor de la espalda \_\_\_\_\_  
 para el dolor moderado (or suave) de la espalda \_\_\_\_\_  
 para el dolor fuerte (or severe) de la espalda \_\_\_\_\_  
 para el dolor en el hombro \_\_\_\_\_  
 para el dolor abdominal \_\_\_\_\_  
 para el malestar abdominal \_\_\_\_\_  
 para el dolor en la muñeca \_\_\_\_\_  
 para el dolor en las piernas \_\_\_\_\_  
 para el dolor en la rodilla \_\_\_\_\_  
 para el dolor en el tobillo \_\_\_\_\_

**Section 11. Eyes, Ears, Nose, and Throat**

Place \_\_\_\_\_ drop(s) in eye(s) \_\_\_\_\_ times \_\_\_\_\_ daily.  
 left eye \_\_\_\_\_  
 right eye \_\_\_\_\_  
 affected eye \_\_\_\_\_  
 each eye \_\_\_\_\_  
 both eyes \_\_\_\_\_  
 Irrigate eyes \_\_\_\_\_ times daily.  
 Apply to lower eyelid margin at bedtime.  
 Massage into eyelids \_\_\_\_\_ times daily.  
 Place \_\_\_\_\_ drop(s) in eyes every hour for today, then \_\_\_\_\_ drop(s) in eyes every \_\_\_\_\_ hours, beginning tomorrow.  
 Place \_\_\_\_\_ drop(s) in ear(s) \_\_\_\_\_ times \_\_\_\_\_ daily.  
 left ear \_\_\_\_\_  
 right ear \_\_\_\_\_  
 affected ear \_\_\_\_\_  
 each ear \_\_\_\_\_  
 both ears \_\_\_\_\_  
 warm drops \_\_\_\_\_

Echese (or Pongase) \_\_\_\_\_ gota(s) en el (los) ojo(s) \_\_\_\_\_ veces al día.  
 ojo izquierdo \_\_\_\_\_  
 ojo derecho \_\_\_\_\_  
 ojo afectado \_\_\_\_\_  
 cada ojo \_\_\_\_\_  
 ambos ojos \_\_\_\_\_  
 Irriguese los ojos \_\_\_\_\_ veces al día.  
 Aplique al borde del párpado inferior a la hora de acostarse.  
 Aplique con masaje en los párpados \_\_\_\_\_ veces al día.  
 Echese \_\_\_\_\_ gota(s) en los ojos cada hora durante el día de hoy; empezando mañana, échese \_\_\_\_\_ gota(s) en los ojos cada \_\_\_\_\_ horas.  
 Echese \_\_\_\_\_ gota(s) en el (los) oído(s) \_\_\_\_\_ veces al día.  
 oído izquierdo \_\_\_\_\_  
 oído derecho \_\_\_\_\_  
 oído afectado \_\_\_\_\_  
 cada oído \_\_\_\_\_  
 ambos oídos \_\_\_\_\_  
 gotas tibias \_\_\_\_\_



for bone pain  
for cramps (stomach or menstrual; for leg cramps, see below)  
for urinary pain or burning

for bladder spasm  
for testicular pain

for colic  
for sinus pain  
for pain anywhere

**EXTERNALS**

for itching  
for acne  
for athlete's foot  
for sunburn  
for burn  
for allergy  
for oozing  
for fungus  
for dandruff

**EYES, EARS, NOSE, AND THROAT**

for tearing  
for burning in eyes  
for eyelid  
for itchy or swollen eyes  
for ear congestion  
for earache  
for stuffed up ear  
for itching ear  
for nasal congestion  
for stuffy nose

for runny nose  
for sore throat  
for phlegm  
for expectorant  
for cold  
for hiccough  
for sneezing  
for hoarseness  
for hay fever  
for cough  
for severe cough  
for chronic cough  
for cough at night

para el dolor en los huesos  
para retortijones

para el dolor urinario o ardor or para ar-  
dor al orinar or para el ardor urinario or  
para quemazón al orinar  
para espasmo de la vejiga  
para el dolor en las encías durante la  
dentición or para el dolor en las encías al  
salir dientes  
para cólico

para el dolor en los senos frontales  
para cualquier dolor del cuerpo

para el picor or para la comezon (among  
non-Puerto-Rican Hispanics)

para el acné  
para el pie de atleta  
para las quemaduras de sol  
para la quemadura  
para la alergia  
para la supuración  
para el hongro  
para la caspa

para lagrimeo  
para ardor (or irritación) en los ojos  
para el párpado  
para picor en los ojos u ojos hinchados  
para congestión del oído  
para dolor de oído  
para oído tapado  
para picazón en oído  
para congestión nasal  
para la nariz tapada or para la nariz tapada  
(Plugged)

para el goteo en la nariz  
para el dolor de garganta  
para la flema  
para expectorante  
para el catarro  
para el hipo  
para los estornudos  
para la ronquera  
para la alergia  
para la tos  
para la tos fuerte  
para la tos crónica  
para la tos en la noche

**GASTROINTESTINAL**

for nausea or vomiting  
for diarrhea  
for constipation  
for heartburn

for morning sickness  
for upset stomach  
for gas

for pain in stomach

**TEMPERATURE**

for fever  
for temperature greater than 100°F (37°C)

**MUSCULOSKELETAL**

for leg cramps (for stomach or menstrual cramps, see above)  
for muscle spasm

for muscle relaxant  
for spasm of back muscles  
for arthritis  
for neck muscle discomfort  
for tremor  
for stiff neck

**PSYCHOTHERAPEUTICS**

for nerves  
for nervousness  
for tension  
for nervous tension  
for anxiety  
for severe anxiety  
for rest  
for sleep  
for restlessness  
for insomnia  
for dizziness (seasickness)  
for sedation

**CARDIOPULMONARY**

for congestion  
for shortness of breath  
for breathing  
for difficult breathing  
for difficulty in breathing  
use when shortness of breath is severe  
for wheezing  
for heart

para náusea o vómito  
para las diarreas

para el estreñimiento  
para las hevederas or para quemazón  
estomacal or para acidez estomacal (sour  
stomach)

para la mala barriga  
para el malestar del estómago

para gases  
para el dolor en el estómago

para la fiebre  
para temperatura mayor de 100 grados F  
(37 grados C)

para calambres en las piernas

para espasmo muscular  
para relajar los músculos  
para espasmo en músculos de la espalda  
para la artritis  
para molestia en músculo del cuello  
para el temblor del cuerpo  
para rigidez del cuello or para el tortícolis

para los nervios  
para la nerviosidad or para el nerviosismo  
para tensión  
para tensión nerviosa  
para la ansiedad  
para ansiedad fuerte  
para descansar  
para dormir  
para la inquietud  
para el insomnio  
para el mareo  
para calmarse or como sedativo

para la congestión  
para la respiración corta or para la falta de  
respiración  
para respirar  
para respiración difícil  
para dificultad al respirar  
uso cuando la falta de respiración sea muy  
seria  
para ronquido del asma  
para el corazón

for asthma  
 for blood pressure  
 for fluid retention  
 for palpitation  
 for swelling  
 for circulation  
 for water (diuretic)  
 for bleeding

para el asma  
 para la presión sanguínea  
 para la retención de líquidos  
 para la palpitación  
 para el hinchazón  
 para la circulación  
 para eliminar agua (diurético)  
 para hemorragia

MISCELLANEOUS  
 for gout  
 for anemia  
 for infection  
 for low potassium  
 for \_\_\_ problem  
 for blood  
 iron tablets  
 for bedwetting

para la gota  
 para la anemia  
 para la infección  
 para potasio bajo  
 para el problema de(l) (la) \_\_\_  
 para la sangre  
 tabletas de hierro  
 para incontinencia

**Section 13. Specific Drugs**

**ALUMINUM ACETATE TABLETS FOR TOPICAL SOLUTION**  
 Dissolve \_\_\_ tablets in a pint (half liter, quart) of warm (hot, cold, cool) water and soak for \_\_\_ minutes, \_\_\_ times daily.

Disuelva \_\_\_ tabletas en una pinta (en un medio litro, en un cuarto) de agua tibia (caliente, fría, fresca) y sumerja por \_\_\_ minutos, \_\_\_ veces al día.

**ANTIPYRINE AND BENZOCAINE OTIC**  
 Keep well closed. Do not rinse dropper after use.

Manténgase bien cerrado. No enjuague en agua el gotero después de usarlo.

**CHLORAMBUCIL**  
 Take one hour before breakfast or two hours after the evening meal.

Tome una hora antes del desayuno o dos horas después de la comida.

**CHLOROQUINE**  
 Take two tablets weekly, beginning two weeks before journey; continue for six weeks after return.

Tome dos tabletas por semana, empezando dos semanas antes del viaje; continúe por seis semanas después de regresar.

**CLONIDINE**  
 Do not miss doses.

No deje de tomar ninguna dosis. (Tómese las todas.)

**CONJUGATED ESTROGENS**  
 Take for first three weeks of each month (for 21 days per month).

Tome por las tres primeras semanas de cada mes (durante 21 días por mes).

**CROMOLYN**  
 Inhale contents of one capsule \_\_\_ times daily. For inhalation only—do not swallow capsules.

Inhale el contenido de una cápsula \_\_\_ veces al día. Para inhalación solamente—no se trague las cápsulas.

**DIGOXIN**  
 Take if pulse is more than \_\_\_\_\_.  
 Do not take if pulse is less than \_\_\_\_\_.  
 Tome si el pulso está mayor de \_\_\_\_\_.  
 No tome si el pulso es menor de \_\_\_\_\_.

**DISULFIRAM**

Warning: Administration of this drug without the full knowledge of the patient may result in serious complications.

Aviso: El uso de esta medicina sin el consentimiento del paciente puede resultar en serias complicaciones.

**ERGOTAMINE TARTRATE AND CAFFEINE TABLETS**  
 Take two tablets at onset of attack, then one tablet every 1/2 hour up to a total of six tablets, or until nausea or vomiting occurs.

Tome dos tabletas cuando le empiece el ataque; luego una tableta cada media hora hasta un total de seis tabletas, o hasta que le dé náusea o vómitos.

**GLUCAGON FOR INJECTION**

Refrigerate after mixing.  
 Shake gently.  
 Agítese suavemente.

Guarde en nevera (or refrigerador) después de mezclar. (In some communities, the nevera may mean freezer because of a slang association with niveu [ice cream]. In Puerto Rican communities, the confusion does not occur because the word for ice cream is el montecado.)

**HYDROXYCHLOROQUINE SULFATE**

Keep out of reach of children.

Manténgase fuera del alcance de los niños.

**INSULIN PREPARATIONS**

Shake gently.  
 Agítese suavemente.

ISOCARBOXAZIDE, MONOAMINE OXIDASE (MAO) INHIBITORS  
 Avoid certain foods.  
 Evite ciertos alimentos.

**LINDANE LOTION**

Apply after hot soapy bath; leave on for 24 hours, then remove; repeat in one week.

Aplique después de un baño con jabón, déjese por 24 horas, luego lávese; repita en una semana.

**LOMUSTINE**

There may be two or more different types of capsules in this container. This is not an error. It is important that you take all of the capsules so that you receive the right dose of the medicine.

En este envase puede haber dos o más tipos de cápsulas. Esto no es un error. Es muy importante que usted se tome todas las cápsulas de manera que usted reciba la dosis correcta de medicina.

**MAGALDRATE TABLETS**

Take with enough water to swallow promptly.

Tome con suficiente agua para tragarlo prontamente.

**METHENAMINE MANDELATE FOR ORAL SUSPENSION**

Dissolve in water before taking. Maintain acid urine.

Disuelva en agua antes de tomar. Mantenga la orina ácida.

**METHIMAZOLE**

Take at the same time each day.

Tome a la misma hora cada día. or Tome a la misma hora todos los días.

**METHOTREXATE**

Avoid overexposure to sun.

Evite sobreexposición al sol. or Evite exposición excesiva al sol.

**NIACIN**

Take one tablet four times daily, adding one tablet to the point of flush; then maintain this dose four times daily.

Empiece tomando una tableta cuatro veces al día, luego añada una tableta hasta el punto de enrojecer; mantenga esta dosis cuatro veces al día.

**NITROGLYCERIN PASTE**  
Apply \_\_\_\_\_ inches) \_\_\_\_\_ times daily. Aplique \_\_\_\_\_ pulgada(s) \_\_\_\_\_ veces al día.

**NYSTATIN ORAL SUSPENSION**  
Place 1 ml in each side of mouth \_\_\_\_\_ times daily; retain in mouth as long as possible before swallowing. Echese 1 ml (centímetro cúbico) en cada lado de la boca \_\_\_\_\_ veces al día; retenga en la boca el mayor tiempo posible antes de tragarlo.

**PARALDEHYDE**  
Discard any unused liquid if container has been opened for more than 24 hours. Bote (Desarte, Tire) cualquier líquido restante (que sobre, no usado) si el envase ha estado abierto por más de 24 horas.

**PARAMETHADIONE**  
Dilute with water before taking. Diluya con agua antes de tomar.

**PEDIATRIC ANTIBIOTIC DROPS**  
Take by mouth only. Tome por vía oral solamente. or Para uso oral solamente.

**PHENOTHIAZINE, BUTYROPHENONE ORAL PREPARATIONS**  
Do not spill on skin or clothing. Must be diluted before use. No derrame en la ropa o piel. Deberá ser diluido antes de usarse.

**PHENYTOIN, PROMPT-RELEASE**  
Not for once-a-day dosing. La dosificación no debe ser una vez al día solamente. or La dosificación no es para una vez al día solamente.

**PRAZOSIN**  
Take first dose at bedtime tonight. Tome la primera dosis al acostarse esta noche.  
**PROCAINAMIDE**  
Keep container tightly closed. Mantenga el envase herméticamente cerrado.

**PSYLLIUM HYDROPHILIC MUCILLOID, EFFERVESCENT PACKETS**  
Mix contents of one packet in water or juice and take \_\_\_\_\_ times daily. Mezcle el contenido de un paquete con un vaso de agua o jugo y tome \_\_\_\_\_ veces al día.

**RIFAMPIN**  
May discolor body fluids. Puede colorear de rojo los líquidos del cuerpo. or Puede decolorar de rojo los líquidos del cuerpo.

**TESTAPE**  
Test urine \_\_\_\_\_ times daily. Haga prueba de orina \_\_\_\_\_ veces al día.  
Keep written record of results. Mantenga documento escrito de los resultados. or Lleve record escrito de los resultados. or Lleve por escrito los resultados.

**TETRACYCLINE PRODUCTS**  
Do not take within 1-3 hours of antacids, dairy products, iron or laxatives. No las tome dentro de 1-3 horas después de antiácidos, productos lácteos, hierro o laxantes.

**TRIMETHADIONE**  
Chew or crush tablets before swallowing. Mastique o triture las tabletas antes de tragarlas o ingerirlas.

**VALPROIC ACID**  
Do not break, bite, chew, or suck the tablet; swallow whole. No rompa, muerda, mastique o chupe la tableta; tráguesela entera.

**Section 14. Auxiliary Labels\***

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Shake well before using. Agítese bien antes de usarse.  
Shake well and keep in refrigerator. Agítese bien y guarde en la nevera (or refrigerador).  
Keep in refrigerator. Do not freeze. Guarde en la nevera (or refrigerador). No congele.

Do not refrigerate. No refrigere.  
Store in a cool, dry place. Almacene en un sitio fresco y seco.  
Store away from heat and from direct sunlight. Almacene lejos de altas temperaturas y fuera del alcance directo de la luz solar.

Do not use after date \_\_\_\_\_. No use después de fecha \_\_\_\_\_.  
This patient requested that a safety cap not be used on this prescription. Este paciente pidió que la tapa de seguridad no se use en esta receta.  
This prescription can be refilled. Please bring container to us when needed. Esta receta puede repetirse. Traiga el envase cuando necesite repetirla (or más).  
This prescription can be refilled \_\_\_\_\_ times. Esta receta puede ser repetida \_\_\_\_\_ veces.  
This prescription cannot be refilled. Esta receta no puede ser repetida.

This prescription can only be refilled by authority of your physician. Esta receta puede ser repetida solamente por (or bajo) autorización de su médico.  
Caution: Federal law prohibits the transfer of this drug to any person other than the patient for whom it was prescribed. Precaución: La ley Federal prohíbe el traspaso de esta medicina a otra persona que no sea el paciente para quien fue prescrita.

Keep out of reach of children. Manténgase fuera del alcance de los niños.  
Protect from light. Protéjase de la luz.  
Warning: To prevent loss of potency, keep these tablets in original container. Close tightly immediately after each use. Precaución: Para evitar que pierda su potencia, conserve estas tabletas en su envase original. Cierre bien (or herméticamente) inmediatamente después de cada uso.

Take with food or milk. Tome con alimento o con leche.  
Do not take aspirin or (other medicines) without advice from your doctor. No tome aspirina u (otras medicinas) sin el consentimiento de su médico.  
Do not drink alcoholic beverages while taking this medicine. No tome bebidas alcohólicas mientras toma esta medicina.  
Drink large amounts of fluids. Tome grandes cantidades de líquidos.  
Drink a full glass of orange juice or eat a banana daily while taking this medication. Tome un vaso completo de jugo de china o coma un guineo todos los días mientras toma esta medicina. (Naranja is used instead of china in most Latin countries outside of Puerto Rico and in Spain. Platano or banana may be used instead of guineo in some areas. In Puerto Rico, platano denotes a large, green or yellow, banana-like fruit, inedible unless cooked.)

Do not take aspirin or (other medicines) without advice from your doctor. No tome aspirina u (otras medicinas) sin el consentimiento de su médico.  
Do not drink alcoholic beverages while taking this medicine. No tome bebidas alcohólicas mientras toma esta medicina.  
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May cause discoloration of the urine or feces.  
Do not consume dairy products, antacid, or iron while taking this medication.  
Medication should be taken with plenty of water.

Take medication on an empty stomach—one hour before or two to three hours after a meal.  
Important: Finish all this medication unless otherwise directed by prescriber.

Continue medicine for full course of treatment.  
May cause drowsiness. Use care when operating a car or dangerous machinery.

Not for ophthalmic use. Keep out of eyes.

Avoid prolonged exposure to sun.  
Take regularly for control of blood pressure. Do not discontinue unless so directed by physician.

Do not chew; swallow whole.  
Do not take this drug if you become pregnant.

This is the same medication you have been getting. Color, size, or shape may appear different.

for the nose  
for the eye  
for vaginal use only  
for the ear  
Use in rectum.  
for external use  
not to be swallowed  
not to be taken by mouth  
not for injection  
for oral (nasal) inhalation only  
poison  
flammable

Puede cambiar el color de la orina o la excreta.

No consuma productos lácteos, antiácidos o hierro mientras toma esta medicina.  
La medicina debe tomarse con agua en abundancia, or La medicina debe tomarse con mucha agua.

Tomé esta medicina con el estómago vacío—una hora antes o dos o tres horas después de una comida.  
Importante: Termine de tomar toda esta medicina a menos que reciba otras instrucciones del médico.

Tomé la medicina durante todo el tratamiento.  
Puede causarle sueño. Tenga precaución al operar o al operar (or trabajar con) cualquier maquinaria peligrosa.

No es para uso oftalmológico. Manténgase lejos de los ojos.

Evite exponerse prolongadamente al sol.  
Tomé con regularidad para controlar la presión de sangre (or la presión sanguínea).  
No lo discontinue a menos que su médico así se lo indique.

No la(s) mastique; tráguela(s) entera.  
No tome esta medicina si está embarazada.

Esta medicina es igual a la que usted ha estado tomando anteriormente. El color, tamaño o la forma pueden parecerle diferentes.

para la nariz  
para el ojo  
para uso vaginal solamente  
para el oído  
Use en el recto.  
para uso externo  
no es para tragarse  
no tome por vía oral or no tome por boca  
no es para inyectarse  
para inhalación oral (nasal) solamente  
veneno  
inflamable

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## Appendix I. Numbers and Days

NUMBERS	DAYS OF THE WEEK
1. uno, una	Monday: lunes
2. dos	Tuesday: martes
3. tres	Wednesday: miércoles
4. cuatro	Thursday: jueves
5. cinco	Friday: viernes
6. seis	Saturday: sábado
7. siete	Sunday: domingo
8. ocho	
9. nueve	
10. diez	