

Advice on the Use of Medicines or Health Products while Travelling Abroad

GENERAL ADVICE

When travelling abroad, you should pay attention to the following points on the use of medicines or health products:-

- if you require continuous medication, you should bring sufficient amount of medicines according to the instructions of medical professionals;
- if you choose to purchase medicines abroad for minor ailments, you should purchase them from reliable pharmacies and read product labels carefully to understand the directions for use, dosage, indications, precautions, side-effects, etc. If you experience an adverse reaction after consuming any medicine, you should stop taking it and seek professional advice as soon as possible; and
- if symptoms persist, you should consult medical professionals as soon as possible.

NOTE

From time to time, the Department of Health receives reports of persons feeling unwell after consuming so-called health products with undeclared western drug ingredients that are purchased while travelling abroad. Implicated products include slimming products, virility products, products for relieving joint pain and products for lowering high blood sugar, and even virility products adulterated with excessive amount of sugar-lowering drugs.

The Department of Health therefore advises members of the public who have illness, sexual dysfunction or overweight problem to consult medical professionals and not to use any unevaluated product.