

Medication Directions

by Sophia Tutorial



WHAT'S COVERED

In this lesson, you will learn expressions in Spanish that will help you give accurate directions for medication use. Specifically, this lesson will cover:

1. Direcciones para Tomar las Recetas (Directions for Taking Prescriptions)
 - a. La Cantidad (Quantity)
 - b. Frequency (La Frecuencia)
 - c. ¿Cómo? (How?)
 - d. ¿Por qué? (Why?)

1. Direcciones para Tomar las Recetas (Directions for Taking Prescriptions)

When advising patients on how to take medication, simply say, **Tome usted...** or just **Tome...** and fill in the blanks with quantity and frequency, telling them when and how to take it.

You can take the following expressions and make any necessary modifications using what you have learned so far.

1a. La Cantidad (Quantity)

You will first need to tell the patient how much to take.

English	Spanish	Pronunciation
one ounce	una onza	oo-nah own-sah
two ounces, etc.	dos onzas	dohs own-sahs
...and a half	...y media	...ee may-dee-ah
a fourth of...	un cuarto de...	oon k'warr-toe day...
a third of...	una tercera de...	oo-nah tare-say-rah day...
a half of...	la mitad de...	la me-todd day
one tablespoon	una cucharada	oo-nah koo-cha-rah-dah

two tablespoons	dos cucharadas	dohs koo-chah- rah -dahs
one teaspoon	una cucharita	oo -nah koo-cha- ree -tah
two teaspoons	dos cucharitas	dohs koo-cha- ree -tahs
one drop	una gota	oo -nah go -tah
two drops	dos gotas	dohs go -tahs
one dropper full	un gotero lleno	oon go- tay -rah yay -no
two droppers full	dos goteros llenos	dohs go- tay -rahs yay -nohs
one applicator full	un aplicador lleno	oon ah-plee-kah- door yay-no
two applicators full	dos aplicadores llenos	dohs ah-plee-kah- door -ace yay -nohs
a liter	un litro	oon lee -troh
a milliliter	un mililitro	oon me-lee- lee -troh
a gram	un gramo	oon grah -ma
a milligram	un miligramo	oon me-lee- grah -moe
¼ tablet	un cuarto de tableta	oon k'warr -toe day tah- blay -tah
½ tablet	una mitad de tableta	oo -nah me- todd day tah- blay -tah
one tablet	una tableta	oo -nah tah- blay -tah
two tablets	dos tabletas	dohs tah- blay -tahs
one pill	una píldora	oo -nah peel -door-ah
two pills	dos píldoras	dohs peel -door-ahs
one capsule	una cápsula	oo -nah cop -sue-lah
two capsules	dos cápsulas	dohs cop -sue-lahs

1b. La Frecuencia (Frequency)

You will also need to tell the patient when to take the medicine.

English	Spanish	Pronunciation
once daily	una vez al día	oo -nah base all dee -ah
twice daily	dos veces al día	dohs bay -sace all dee -ah
three times daily	tres veces al día	trace bay -sace all dee -ah
(#) times a day	(#) veces al día	(#) bay -sace all dee -ah
every other day / every two days	cada dos días	kah -dah dohs dee -ahs
once weekly / once a week	una vez a la semana	oo -nah base ah la say- ma -nah
twice weekly / twice a week	dos veces a la semana	dohs bay -sace ah la say- ma -nah
(#) times a week	(#) veces a la semana	(#) bay -sace ah la say- ma -nah
until gone	hasta que no hay más	ah -stah kay no eye mahs
every (#) hours	cada (#) horas	kah -dah (#) oh -rahs

every four hours	cada cuatro horas	kah-da k'wah-troh oh-rah s
every six hours	cada seis horas	kah-da sace oh-rah s
every four to six hours	cada cuatro a seis horas	kah-dah k'wah-troh ah sace oh-rah s

1c. ¿Cómo? (How?)

You will also need to tell the patient how to take the medicine.

English	Spanish	Pronunciation
as directed by your doctor	como dirigido por su doctor	ko-mo dee-ree-he-doe pour sue doke- tore
as needed...	si la necesite...	see la nay-say- see-tay ...
...for pain	...para el dolor	... pa-rah ale doe- lore
when you have... (pain, etc.)	cuando tenga...(dolor de, etc.)	k'wann-doe tain-gah ... (doe- lore day)
only when you need it	sólo cuando lo necesite	so-lo k'wann-doe nay-say- see-tay lo
in the morning / afternoon / evening	por la mañana / tarde / noche	pour la mahn- ya-nah / tar-day / no-chay
before bedtime	antes de acostarse	ahn-tace day ah-ko- star-say
right now	ahora mismo	ah- oar-ah meece-mo
by mouth	por boca	pour bow-kah
with meals	con las comidas	cone lahs ko- me-dahs
with food	con un alimento / con comida	cone oon ah-lee- main-toe / cone ko- me-dah
after meals	después de las comidas	dace- p'wace day lahs ko- me-dahs
before meals	antes de las comidas	ahn-tace day lahs ko- me-dahs
before breakfast	antes del desayuno	ahn-tace dale day-sah- you-no
after supper	después de la cena	dace- p'wace day la say-nah
with lunch	con el almuerzo	cone ale all- m'ware-so
between meals	entre las comidas	ain-tray lahs ko- me-dahs
on an empty stomach	en ayunas	ain ah- you-nahs
with water	con agua	cone ah-g'wah
mixed with food	mezclada con un alimento	mace- klah-dah cone oon ah-lee- main-toe
mixed with liquids	mezclada con líquidos	mace- klah-dah cone lee-key-dohs
when you take / eat / drink...	cuando tome...	k'wann-doe toe-may

1d. ¿Por qué? (Why?)

Often, especially when getting more than one prescription, a patient does not know why they are taking each. This section will help you in explaining the reasons why.

English	Spanish	Pronunciation
for cough	para la tos	pa-rah la tohs

for infection	para la infección	pa-rah la een-fake-see-own
for nerves	para los nervios	pa-rah lohs nair-be-ohs
for stomach	para el estómago	pa-rah ale ace-toe-ma-go
for arthritis	para la artritis	pa-rah la are-tree-tiece
for circulation	para la circulación	pa-rah la seer-koo-la-see-own
for relaxing the muscles	para relajar los músculos	pa-rah ray-la-har lohs moose-koo-lohs
for the alleviation of pain	para aliviar el dolor	pa-rah ah-lee-bee-are ale doe-lore
in order to lower your...	para bajar su...	pa-rah ba-harr sue
...blood pressure	...presión de sangre	...pray-see-own day sahn-gray
...blood sugar level	...nivel de azúcar en la sangre	...nee-bail day ah-sue-car ain la sahn-gray
...cholesterol	...colesterol	...koh-lace-tay-role

As you can see, you can put almost anything after **para**, which means **for**. You can list a body part, a symptom, a condition, a verb (**aliviar** = alleviate, **relajar** = relax, **bajar** = lower), etc.



SUMMARY

In this lesson, you learned some general expressions that will allow you to give accurate **directions for taking prescriptions** in Spanish. You also learned specific phrases that will help you communicate the **quantity** of a medication and **frequency** with which a patient should take it, as well as **how** and **why** the patient needs to take the medication.

¡Buena suerte!

Support

If you are struggling with a concept or terminology in the course, you may contact PharmacySpanishSupport@capella.edu for assistance.

If you are having technical issues, please contact learningcoach@sophia.org.

Source: This content has been adapted from "Pharmacy Spanish" by Stephanie Langston.