

Hospitals

Puxi:

Parkway Health Medical Centers

For nearest location, call 6445 5999 (24-hour)

Shanghai United Family Hospital & Clinics

1139 Xian Xia Lu, Changning District
2216 3900, Emergencies: 2216 3999

Pudong:

Shanghai East International Medical Center
551 South Pu Dong Lu, Pudong
5879 9999 (24-Hour)

Hua Shuan Hospital (Foreigner Section)

15/F, No.12, Wulumuqi Zhong Lu
6248 9999

Ruijin Hospital

197 Rui Jin Er Lu
6437 0045 x668101
After hours: 6437 0045 x668202

*For a more detailed listing, go to our website at -
<http://www.loveboxstorage.com/shanghai-guides.html> and choose "Medical Guide Without BS"

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(The essential guide on important medical terms)

Medical Guide without BS

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Instructions

1. Keep it in your purse or wallet.
2. Use it as a reference when calling a hospital or clinic.
3. Take it with you when you are going to the doctor or pharmacy.

In an Emergency...

Call **120** for an ambulance, but don't wait for one if the situation is urgent.

You should call 120, your driver, a friend's driver AND a taxi and get in whichever comes first.

Medication 药物 yao4 wu4

Oral 口服 kou3 fu2:

- Amoxicillin (i.e. Amoxil) 阿莫西林 (a1 mo4 xi1 lin2)
- Ibuprofen (i.e. Advil, Motren) 布洛芬 bu4 luo4 fen1
- Antihistamine (for nasal allergy, cold/flu) 抗组胺药 kang4 zu3 an4 yao4
- Acetaminophen (i.e. Tylenol) 乙酰氨基酚 (泰勒诺) yi3 xian1 an1 ji1 fen1 (tai4 le4 nuo4)

- Anti-diarrheal 止泻药 zhi3 xie4 yao4
- Aspirin 阿司匹林 a1 si1 pi1 lin2
- Ciprofloxacin (i.e. Cipro) 环丙沙星 huan2 bing3 sha1 xing1
- Erythromycin 红霉素 hong2 mei2 su4
- Pain killer 止痛药 zhi3 tong4 yao4

First Aid 急救 ji2 jiu4:

- Rubbing alcohol 外用酒精 wai4 yong4 jiu3 jing1
- Hydrocortizone cream 氢化可的松膏 qing1 hua4 ke3 di4 song1 gao1
- Bandaid/Bandage 绷带 beng1 dai4

The medication I need is
<medication>.

Wo3 xu1 yao4 <medication>.



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