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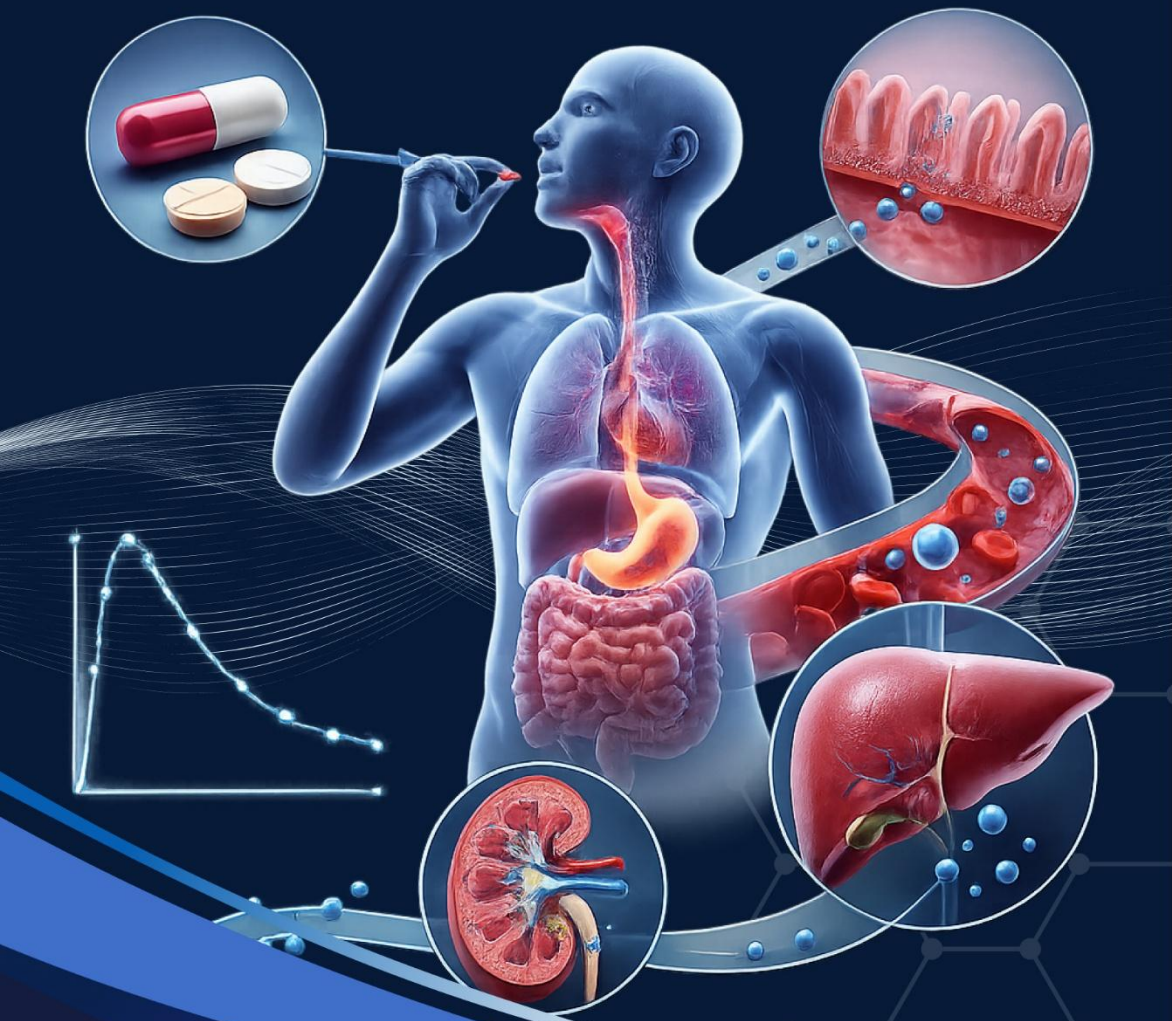

apt. Yahdian Rasyadi, M.Farm.

Farmakokinetika

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KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku berjudul *Farmakokinetika* dapat hadir di tengah pembaca. Buku ini disusun untuk memberikan pemahaman mengenai bagaimana obat masuk, bergerak, berubah, dan dikeluarkan dari tubuh.

Farmakokinetika memiliki peran penting dalam penggunaan obat sehari-hari, terutama dalam menentukan dosis, waktu pemberian, serta keamanan penggunaan obat. Dengan memahami dasar-dasarnya, pembaca dapat lebih menghargai pentingnya mengikuti aturan pakai obat dan tidak mengubah dosis tanpa arahan tenaga kesehatan.

Semoga buku ini dapat menjadi bacaan yang bermanfaat bagi masyarakat umum dan semua pihak yang ingin menambah wawasan tentang penggunaan obat secara aman, efektif, dan rasional.

Jakarta, Juni 2026

Tim Penyusun

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Farmakokinetika membahas perjalanan obat di dalam tubuh, mulai dari proses penyerapan, penyebaran, perubahan, hingga pengeluaran obat. Buku ini membantu pembaca memahami bagaimana obat bekerja setelah digunakan dan mengapa aturan pakai obat perlu diperhatikan dengan baik.

Dengan bahasa yang sederhana, buku ini menjelaskan faktor-faktor yang dapat memengaruhi kerja obat, seperti usia, kondisi tubuh, fungsi hati dan ginjal, dosis, serta waktu penggunaan obat. Pemahaman ini penting agar masyarakat tidak menggunakan obat secara sembarangan dan lebih bijak dalam mengikuti anjuran tenaga kesehatan.

Buku ini ditujukan bagi masyarakat umum, tenaga kesehatan, serta siapa saja yang ingin memahami penggunaan obat secara lebih tepat, aman, dan bertanggung jawab. Melalui buku ini, pembaca diharapkan semakin sadar bahwa keberhasilan pengobatan tidak hanya bergantung pada jenis obat, tetapi juga pada cara tubuh memproses obat tersebut.

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