



Medicines Reminder Cards

Medicines Reminder Cards

English

1. Take my tablets from my medicines pack for the right day at the right times
2. I take my tablets with breakfast
3. Take my tablets before breakfast
4. On _____ take my weekly tablet for healthy bones ½ an hour before breakfast and stay upright
5. I need to take my tablets at midday
6. I need to take my tablets at lunchtime
7. I need to take my tablets one hour before lunch
8. Take my tablets at 6pm
9. Take my tablets at evening meal time
10. Take my tablets at bedtime
11. Remember to take my tablets at 9pm
12. Apply cream to _____ as shown to me
13. Take my antibiotics at _____ to treat my infection
14. I need to eat a snack before going to bed
15. Put _____ eye drops into my left/right eye
16. Put my eye drops in both eyes at _____
17. Put cream on my dry skin after bathing
18. Check my blood sugar before taking insulin _____
19. I use my inhaler at _____
20. I should take my _____ if I have pain and then wait 4 – 6 hours before taking more



Check the day of the week with the calendar, newspaper or family member.

Take my tablets from my medicines pack for the right day at the right times



I take my tablets with breakfast



Take my tablets before breakfast



On _____ I take my weekly
tablet for healthy bones 1/2 an hour
before breakfast and stay upright



1/2 an hour



I need to take my
tablets at midday



I need to take
my tablets
at lunchtime



I need to take my tablets one hour before lunch



Take my tablets at 6pm



Take my tablets at evening meal time



Take my tablets at bedtime



Remember
to take my
tablets at
9pm



Apply cream to my

as shown to me



Take my antibiotics at

to treat my infection



I need to eat a
snack before
going to bed



Put _____
eye drops into
my left/right eye



Put my eye drops in
both eyes at



Put cream on
my dry skin
after bathing



Check my blood sugar before taking insulin



I use my inhaler at



I should take my

if I have pain and
then wait 4 to 6
hours before taking
more



