

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



DLTON			
Notes			
Check the day of the week with the	 		

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





Notes			
I take my tablets with breakfast			



Take my tablets **before** breakfast

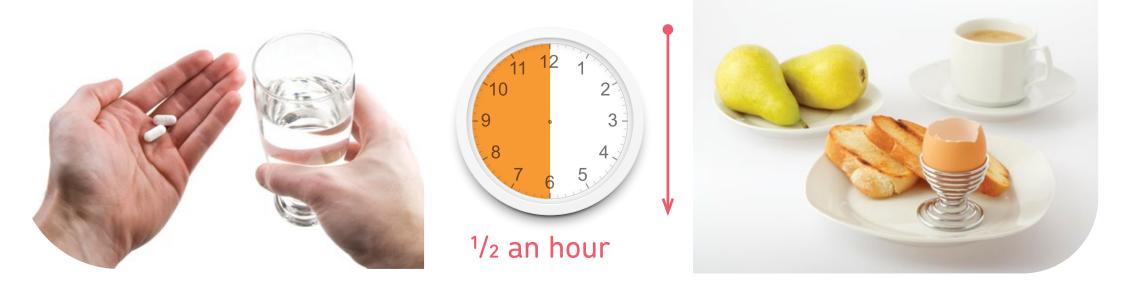




TON			
Notes			



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



DLTON	
Notes	
0n	I take my weekly tablet for healthy bones 1/2 an hour before breakfast and stay upright



I need to take my tablets at midday





Medicines Reminder Card no. 5

ARKE			
Notes			



I need to take my **tablets at lunchtime**

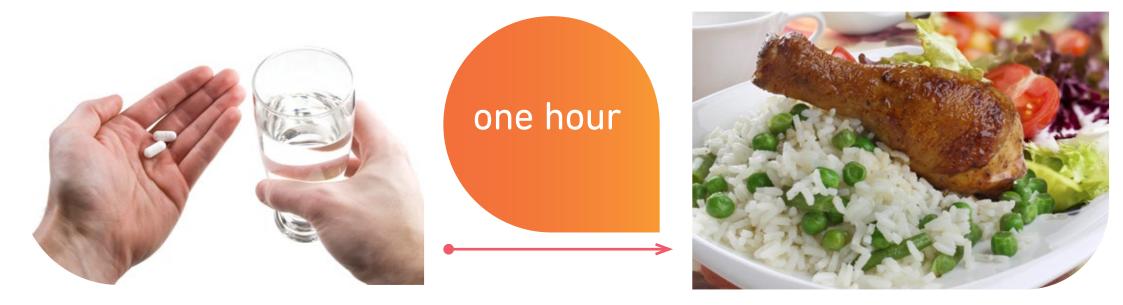




ARKE		
Notes		



I need to take my tablets one hour before lunch



Notes				
I need to take my tablets one hour	before lunch			



Take my tablets at 6pm





TON		
Notes		



Take my tablets at evening meal time





Notes				
Take my tablets at evening meal tir	me			



Take my tablets at bedtime



Notes			
Take my tablets at bedtime			



Remember to take my tablets at 9pm





ARKE			
Notes			



Apply cream to my

as shown to me



TON			
Notes			
Apply cream to my	as shown to me		



Take my antibiotics at

to treat my infection

RKE CON			
Notes			
Take my antibiotics at	to treat my infection		



I need to eat a snack before going to bed



Notes			



Put _____ eye drops into my left/right eye

Notes	



Put my eye drops in both eyes at





Notes			
Put my eye drops in both eyes at	 		

© Bolton Clarke 2023



Put cream on my dry skin after bathing







Check my blood sugar before taking insulin



ARKE				
Notes				
Check my blood sugar before tal	king insulin			



l use my inhaler at





LTON			
Notes			
l use my inhaler at	 	 	



I should take my

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





Notes	
I should take my	if I have pain and then wait 4 to 6 hours before taking more