

用藥提醒卡



Medicines Reminder Cards

Chinese/English



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我應當留在家裏, 等到護士來到幫助 我服用藥片爲止

或者撥打

1300 132 475 (Cantonese)
1300 732 962 (Mandarin)





I need to stay at home until the nurse comes to visit for my tablets or call 1300 132 475 (Cantonese) or 1300 732962 (Mandarin)





我要通過翻查日曆, 查閱報紙或問家人瞭 解清楚當天的日子。

我要按照葯盒的規定,在正確的日期和時間服用藥片。





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





我要在進早餐 時服用藥片







 <u> </u>

I take my tablets with breakfast





我要在進早餐之前服用藥片







Take my tablets before breakfast	
i wile illy temetere externe el controlet	



我要挺起身體坐,在______,提前 **半小時**在進早餐之前,服用每週一次的加強 骨質的藥片



by your side™





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



我要在中午的時候服用藥片







I need to take my tablets at midday





我要在進午餐 時服用藥片







I manufat talin insistellata at lisinatationa	

I need to take my tablets at lunchtime





我要提前一個小時,在進午餐之前服用藥片









I need to take my tablets one hour before lunch





我要在晚上6點 鐘服用藥片







Take my tablets at 6pm	
I TAKE THY LADIELS AL OPHI	
· '	



我要在進晚餐 時服用藥片







Take my tablets at evening meal time





我要在夜間上牀時,服用藥片





Take my tablets at bedtime	
rano my tableto al beatimie	



我要記住在晚上9點鐘服用藥片







Remember to take my tablets at 9pm



我要按照護士的 示範,在我的

塗抹油膏





Apply cream to myas shown to me



我要在

服用抗菌素治療感染





Take my antibiotics at to	treat my infection
take my antibiotics atto	treating infection
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我要在上床之前吃點東西





I need to eat a snack before going to bed





我要往左眼/ 右眼擠

滴眼藥水





Put eye drops into my left/right eye	



我要在



往兩隻眼睛 擠眼藥水





Put my eye drops in both eyes at	



我要在洗完澡之後,在乾燥的皮膚上塗抹油膏





Put cream on my dry skin after bathing





我要先檢查血糖,然後使用胰島素





	—
I	

Check my blood sugar before taking insulin





我要在

使用藥物吸入器







I use my inhaler at	



我如果有疼痛,就要服用



然後等待4至6個 鐘頭之後再服用





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



如需使用您的语言,通过电话传译与我们沟通, 请致电1300 732 962 (国语)和1300 132 475 (广东话)。电话传译服务免费 1300 11 22 11

To speak to us in your language with the help of a telephone interpreter, please call our National Language Line on 1300 732 962 for Mandarin and 1300 132 475 for Cantonese. The telephone interpreter is free of charge to you.

Bolton Clarke is the brand name for a group of companies being RSL Care RDNS Limited ACN 010 488 454, Royal District Nursing Service Limited ACN 052 188 717 and RDNS HomeCare Limited ACN 152 43 152.



