



The new face of *rdns* 



用藥提醒卡

Medicines Reminder Cards
Chinese/English 

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 132 475 (Cantonese) or 1300 732 962 (Mandarin)
2. Take my tablets from my medicines pack for the right day at the right times
3. I take my tablets with breakfast
4. Take my tablets before breakfast
5. On _____ take my weekly tablet for healthy bones $\frac{1}{2}$ an hour before breakfast and stay upright
6. I need to take my tablets at midday
7. I need to take my tablets at lunchtime
8. I need to take my tablets one hour before lunch
9. Take my tablets at 6pm
10. Take my tablets at evening meal time
11. Take my tablets at bedtime
12. Remember to take my tablets at 9pm
13. Apply cream to _____ as shown to me
14. Take my antibiotics at _____ to treat my infection
15. I need to eat a snack before going to bed
16. Put _____ eye drops into my left/right eye
17. Put my eye drops in both eyes at _____
18. Put cream on my dry skin after bathing
19. Check my blood sugar before taking insulin _____
20. I use my inhaler at _____
21. I should take my _____ if I have pain and then wait 4 – 6 hours before taking more

我應當留在家裏，
等到護士來到幫助
我服用藥片為止

或者撥打

1300 132 475 (Cantonese)

1300 732 962 (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。

我要按照藥盒的規
定，在正確的日期和
時間服用藥片。



我要在進早餐 時服用藥片



我要在進早餐之前服用藥片



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™



半小時



我要在中午的 時候服用藥片



我要在進午餐 時服用藥片



我要提前一個小時， 在進午餐之前服用藥片



一個小時



我要在晚上6點 鐘服用藥片



我要在進晚餐 時服用藥片



我要在夜間上牀 時，服用藥片



我要記住在晚上 9點鐘服用藥片



我要按照護士的 示範，在我的

塗抹油膏



我要在

服用抗菌素 治療感染



我要在上牀之前吃點東西



我要往左眼 /
右眼擠

滴眼藥水



我要在

往兩隻眼睛
擠眼藥水



我要在洗完澡之後，在乾燥的皮膚上塗抹油膏



我要先檢查血糖，
然後使用胰島素



我要在

使用藥物吸入器



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






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.
1300 11 22 11

Bolton Clarke is the brand name for a group of companies
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