



The new face of *rdns* 



Kartice kao podsjetnik za lijekove

Medicines Reminder Cards
Croatian/English 

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 538 673
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 ½ 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

**Moram ostati u
kući dok sestra dođe
radi mojih tableta**

**ili nazvati
1300 538 673**



Provjeriti dan u tjednu
na kalendaru, u novinama
ili pitati nekog od obitelji.

Popiti tablete iz mog
paketa lijekova na
naznačeni dan i u
naznačeno vrijeme.



Tablete pijem uz doručak



Tablete pijem prije doručka



U _____ popiti
tabletu za cijeli tjedan za
zdrave kosti **1/2 sata** prije
doručka i ostati u uspravnom
položaju



1/2 sata



Moram popiti tablete u podne



Moram popiti tablete u vrijeme ručka



Moram popiti tablete jedan sat prije ručka



jedan
sat



Popiti tablete u 6 sati navečer



Popiti tablete uz večernji obrok



Moram popiti tablete navečer prije spavanja



Moram se podsjetiti popiti tablete u **9 sati** navečer



Namazati kremom

kako mi je
pokazano



Popiti antibiotike u

radi liječenja infekcije



Moram nešto pojesti prije odlaska na spavanje



Staviti

kapi za oči u
lijevo / desno oko



Staviti kapi za oči u oba oka u



Namazati kremom suhu kožu poslije kupanja



Izmjeriti šećer prije uzimanja inzulina



Koristim inhalator (pumpicu) u



Moram uzeti

ako imam bolove
a onda pričekati
4–6 sati prije
nego ih ponovno
uzmem





How to contact us:

Croatian telephone interpreter service:

1300 538 673

1300 22 11 22

boltonclarke.com.au

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.

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