

Thẻ Nhắc Nhở về Thuốc Men

Medicines Reminder Cards Vietnamese/English



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- 1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 798 068
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- 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



Tôi cần phải đợi ở nhà cho đến khi y tá tới xem thuốc men

hoặc gọi số 1300 798 068





I need to stay at home uptil the purse comes to visit for my tablets or call 1300 788 048	

I need to stay at home until the nurse comes to visit for my tablets or call 1300 798 068





Coi ngày trong tuần trên lịch, trên báo hoặc hỏi người trong gia đình.

Uống thuốc trong vỉ vào đúng ngày, đúng giờ.





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





Tôi uống thuốc khi ăn bữa ăn sáng





Medicines Reminder Card no. 3



I take my tablets with breakfast		
	/	
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	•	



Uống thuốc **trước khi** ăn sáng







Taka mu tablata befere braakfast		
Take my tablets before breakfast		
L)
© Devial District Numerica Convice Limited 2010	Vietnemene / English	Madiainaa Damindaa Caadaa (
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Vào ______ uống viên thuốc hàng tuần cho xương cứng chắc ½ **giờ** trước khi ăn sáng và không nằm xuống





On the base of the ball of the base of the second of the base of the second of the sec
OnI take my weekly tablet for healthy bones 1/2 an hour before breakfast and stay upright





Tôi cần phải uống **thuốc viên** vào **giờ trưa**







I need to take my tablets at midday		
Theore to take my tableto at midday		
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© Royal District Nursing Service Limited 2018	vietnamese/English	Medicines Reminder Card no. 6



Tôi cần phải uống thuốc vào giờ ăn trưa







I need to take my tablets at lunchtime		
	,	
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Tôi cần phải uống thuốc một giờ trước khi ăn trưa





I need to take my tablets one hour before lunch	





Uống **thuốc viên** vào lúc **6 giờ** chiều







Take my tablets at 6pm		
)
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e Noyal District Nul Sing Sel Vice Limited 2010		Medicines Neminuel Calulio. 7



Uống thuốc vào giờ ăn tối







Take my tablets at evening meal time		
rane my tastets at evening meat time		
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Tôi cần uống thuốc vào giờ đi ngủ vào buổi tối





Company Provided 2018 Vietnamese/English ✓ Medicines Reminder Card no. 11			
	Take my tablets at bedtime		
© Royal District Nursing Service Limited 2018 Vietnamese/English Medicines Reminder Card no. 11	Take my tablels at beutime		
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© Royal District Nursing Service Limited 2018 Vietnamese/English Medicines Reminder Card no. 11			
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Phải nhớ uống thuốc lúc **9 giờ tối**

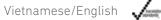




Medicines Reminder Card no. 12



Domember to take my tablete at Onm		
Remember to take my tablets at 9pm		
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Thoa kem cho

như đã được chỉ dẫn





Apply cream to myas shown to me		
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Uống thuốc kháng sinh lúc

để trị



Medicines Reminder Card no. 14



Take my antibiotics at the treat my infection		
Take my antibiotics at to treat my infection		
L)
	and the second of the second sec	
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Tôi cần phải ăn uống một chút ít trước khi đi ngủ





I need to eat a snack before going to bed		
Thee to cat a shack before going to bed		
	,	
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Nhỏ

giọt thuốc nhỏ mắt vào mắt trái / mắt phải





Dut ava drana into my loft/right ava		
Put eye drops into my left/right eye		
L		
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e Royar District Nursing Service Linnica 2010		Medicines Reminder Cald IIO. To



Nhỏ thuốc cho cả hai mắt lúc





Medicines Reminder Card no. 17



Put my eye drops in both eyes at		
	,	
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Thoa kem trên chỗ da khô sau khi tắm





Put cream on my dry skin after bathing	
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)
,	





Kiểm tra lượng đường trong máu trước khi sử dụng insulin





Charle much lead average hefere tables in avelig	
Check my blood sugar before taking insulin	





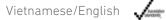
Tôi sử dụng ống xịt lúc







I use my inhaler at	





Tôi nên uống

nếu bị đau, sau đó đợi 4–6 giờ đồng hồ rồi mới uống thêm nữa







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





How to contact us:

Vietnamese telephone interpreter service: 1300 798 068 1300 22 11 22

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