

用藥提醒卡

Medicines Reminder Cards Chinese/English





Contents

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 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 _____ 20.1 use my inhaler at _____ 21.1 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





I take my tablets with breakfast		



我要在進早餐 之前服用藥片





Take my tablets before breakfast









Medicines Reminder Card no. 5



On I take my weekly tablet for health	y 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 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







Medicines Reminder Card no. 8



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
Take my tablete at opin



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	



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 my as shown to me



我要在

服用抗菌素治療感染





Take my antibiotics	at to treat my infection



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



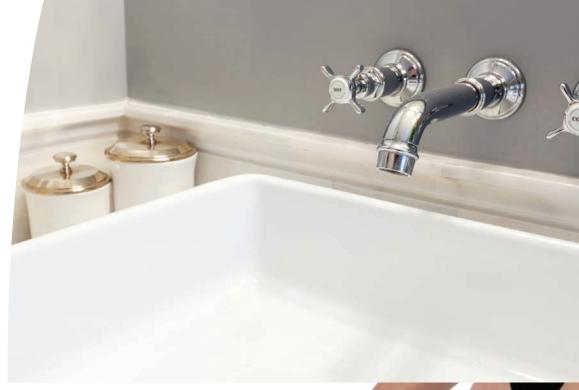




Put my eye drops in both eyes at	



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





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.

1300 11 22 11

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.