



Medicines Reminder Cards



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20. Remember to take my tablets at 9pm



Take my tablets at bedtime





Take my tablets at evening meal time





Take my tablets at lunchtime



Check my blood sugar before taking insulin





Notes

Check my blood sugar before taking insulin



Take my tablets with breakfast





Stay at home until the nurse comes to visit for my tablets. If I need to go out I must call

1300 33 44 55

or the National Language Line:
1300 824 661





Notes

Stay at home until the nurse comes to visit for my tablets or if I need to go out I must call 1300 33 44 55 or the National Language Line 1300 824 661

Eat a snack before going to bed



Take my antibiotics at

to treat my infection





Take my tablets before breakfast





Take my tablets
at _____



Use my inhaler at



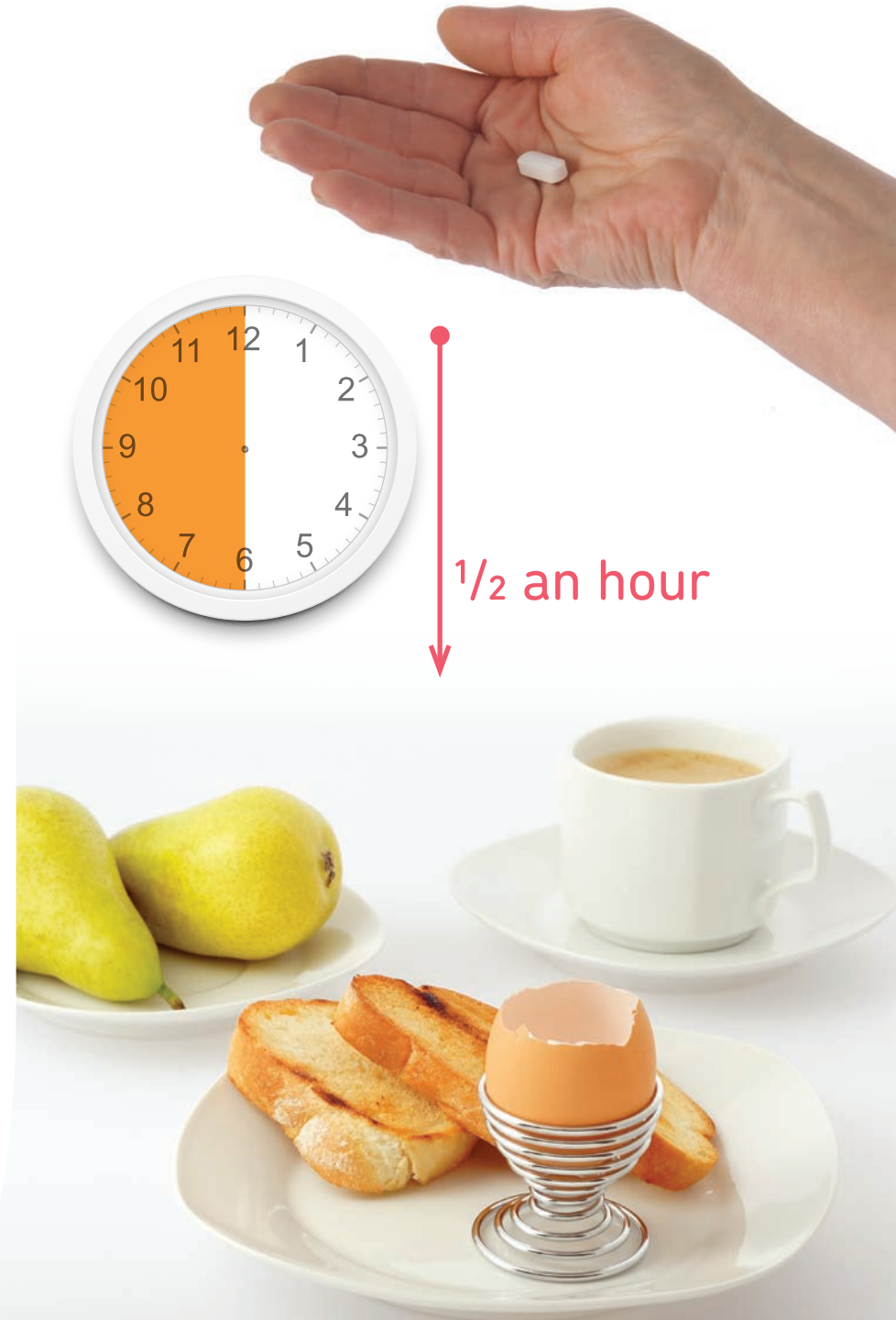


Take my _____

if I have pain and then
wait 4 - 6 hours
before taking more



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





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



Put my eye drops in
both eyes at





Put cream on
my dry skin
after bathing



Put _____
eye drops into
my left/right eye



Apply cream to my

as shown to me



Take my tablets one hour before lunch





Remember
to take my
tablets at
9pm



We'll come to you

Bolton Clarke nurses and carers work in your community and will visit you at home.

To find out whether we service your region or suburb, or for more information on how Bolton Clarke At Home Support can help you, have a chat with one of our friendly team.

 **1300 22 11 22**

 **[boltonclarke.com.au](https://www.boltonclarke.com.au)**



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