



The new face of *rdns* 



Medicines Reminder Cards

1. I need to stay at home until the nurse comes to visit for my tablets If I need to go I must call 1300 334 455 or the National Language Line
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

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

1300 22 11 22

or the National Language Line:
www.boltonclarke.com.au/resources/



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



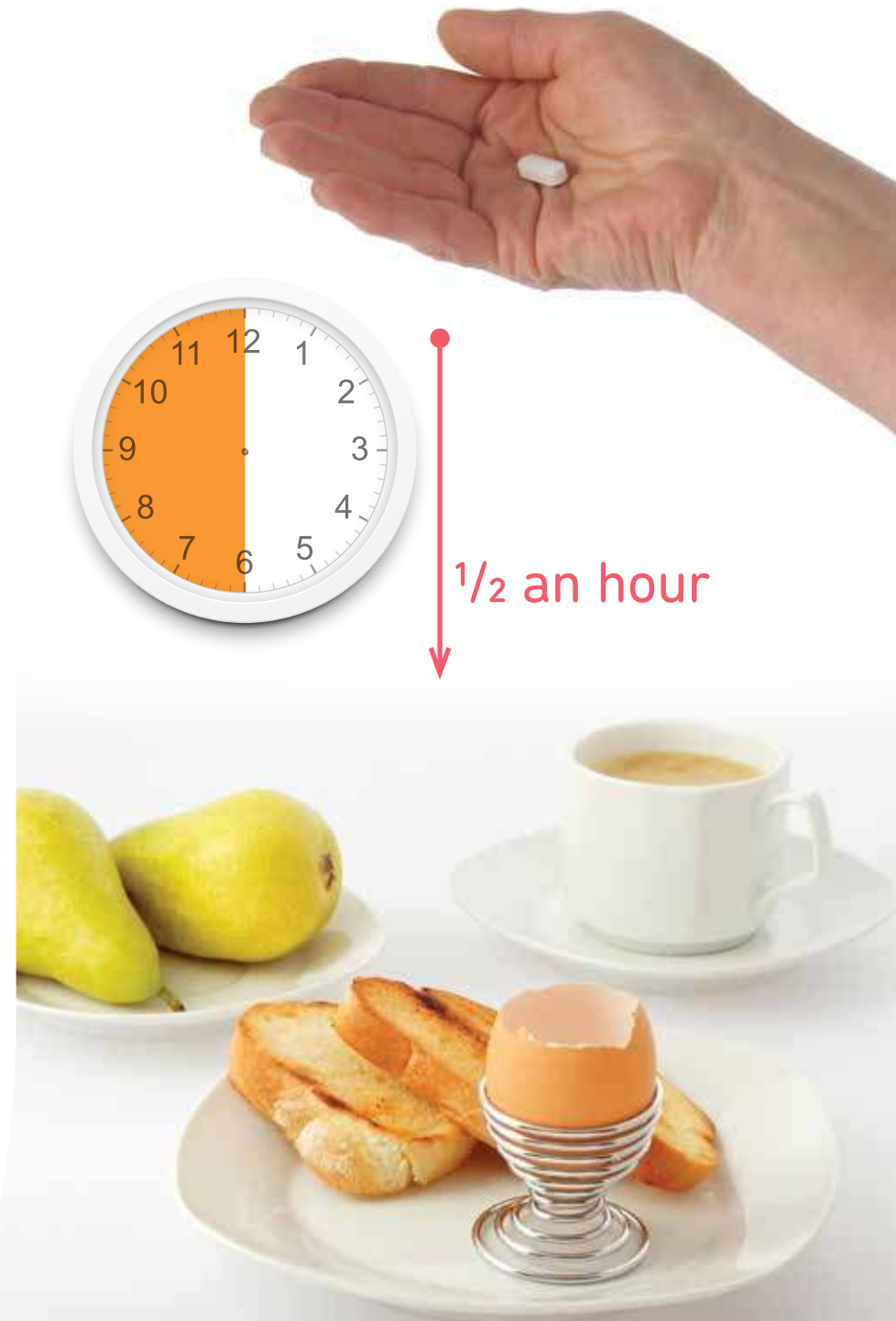
I take my tablets with breakfast



Take my tablets before breakfast



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



I need to take
my tablets
at midday



I need to take my tablets at lunchtime



I need to take my tablets one hour before lunch



Take my tablets at 6pm



Take my tablets at evening meal time



Take my tablets at bedtime



Remember
to take my
tablets at
9pm



Apply cream to my

as shown to me



Take my antibiotics at

to treat my infection



I need to eat a
snack before
going to bed



Put _____
eye drops into
my left/right eye



Put my eye drops in
both eyes at



Notes

Put my eye drops in both eyes at _____

Put cream on
my dry skin
after bathing



Check my blood sugar before taking insulin



I use my inhaler at



Notes

I use my inhaler at _____

I should take my

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



Notes

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




How to contact us:

boltonclarke.com.au

1300 22 11 22

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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