



The new face of *rdns* 



# Schede Pro-Memoria delle Medicine

Medicines Reminder Cards  
Italian/English 

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 563 448
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

Devo rimanere a casa  
fino a quando arriva  
l'infermiera per le mie  
compresse oppure devo  
chiamare il

**1300 563 448**





Devo controllare il giorno della settimana con il calendario, con il giornale o con un familiare.

Devo prendere le compresse dalla mia confezione per il giorno giusto alle ore giuste





# Prendo le mie compresse a colazione







# Prendo le mie compresse prima di colazione





Il \_\_\_\_\_  
prendo la mia  
compressa settimanale  
per la salute delle ossa  
 $\frac{1}{2}$  ora prima di  
colazione e rimango in  
posizione eretta





Devo prendere  
le mie  
compresse a  
mezzogiorno





Devo prendere  
le mie  
compresse  
all'ora di pranzo







# Devo prendere le mie compresse un'ora prima di pranzo





Prendo le mie  
compresse alle  
18:00





Prendo le mie  
compresse la  
sera a cena





Devo prendere  
le mie  
compresse la  
sera quando  
vado a letto







Devo ricordarmi  
di prendere le  
mie compresse  
alle **21:00**



# Note/Notes

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Remember to take my tablets at 9pm

# Metto la crema a

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# come mi hanno fatto vedere



# Note/Notes

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Apply cream to my \_\_\_\_\_ as shown to me

# Prendo gli antibiotici alle

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# per curare la mia infezione



# Note/Notes

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Take my antibiotics at \_\_\_\_\_ to treat my infection

# Devo fare uno spuntino prima di andare a letto







# Metto \_\_\_\_\_ gocce nell'occhio sinistro/destro



# Note/Notes

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Put \_\_\_\_\_ eye drops into my left/right eye

# Devo mettere le gocce in entrambi gli occhi

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Metto della  
crema sulla  
pelle asciutta  
dopo aver fatto  
il bagno





Controllo il livello  
dello zucchero  
nel sangue prima  
di prendere  
l'insulina



# Note/Notes

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Check my blood sugar before taking insulin



# Uso il mio inalatore alle

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# Devo prendere

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se sento dolore e poi  
devo aspettare 4–6  
ore prima di  
prenderne ancora







## How to contact us:

Italian telephone interpreter service:

**1300 563 448**

1300 22 11 22

[boltonclarke.com.au](http://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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