



用藥提醒卡

Medicines Reminder Cards Chinese/English

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. I use my inhaler at _____
21. I 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
我服用藥片為止

或者撥打

1300 132 475 (Cantonese)

1300 732 962 (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。

我要按照藥盒的規
定，在正確的日期和
時間服用藥片。



附記 / Notes

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



附記 / Notes

I take my tablets with breakfast

我要在進早餐 之前服用藥片



附記 / Notes

Take my tablets before breakfast

我要挺起身體坐在，
，提前半小時在進早餐之前，服用每週一次的加強骨質的藥片



半小時



附記 / Notes

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

我要在中午的 時候服用藥片



附記 / Notes

I need to take my tablets at midday

我要在進午餐 時服用藥片



附記 / Notes

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



一個小時



附記 / Notes

I need to take my tablets one hour before lunch

我要在晚上6點 鐘服用藥片



附記 / Notes

Take my tablets at 6pm

我要在進晚餐 時服用藥片



附記 / Notes

Take my tablets at evening meal time

我要在夜間上牀 時, 服用藥片



附記 / Notes

Take my tablets at bedtime

我要記住在晚上
9點鐘服用藥片



附記 / Notes

Remember to take my tablets at 9pm

我要按照護士的
示範, 在我的

塗抹油膏



我要在

服用抗菌素 治療感染



附記 / Notes

Take my antibiotics _____ at to treat my infection

我要在上牀之前吃點東西



附記 / Notes

I need to eat a snack before going to bed

我要往左眼 /
右眼擠

滴眼藥水



附記 / Notes

Put _____ eye drops into my left/right eye

我要在

往兩隻眼睛
擠眼藥水



附記 / Notes

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



附記 / Notes

Put cream on my dry skin after bathing

我要先檢查血糖，
然後使用胰島素



附記 / Notes

Check my blood sugar before taking insulin

我要在

使用藥物吸入器



附記 / Notes

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



附記 / Notes

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.