



Medicines Reminder Cards

English

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 132 475
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 $\frac{1}{2}$ 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
or call
1300 132 475



Notes

I need to stay at home until the nurse comes to visit for my tablets or call 1300 132 475

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



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

I take my tablets with breakfast



Notes

I take my tablets with breakfast

Take my tablets
before
breakfast



Notes

Take my tablets before breakfast

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



1/2 an hour



Notes

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



Notes

I need to take my tablets at midday

I need to take
my tablets at
lunchtime



Notes

I need to take my tablets at lunchtime

I need to take my tablets
one hour before lunch



Notes

I need to take my tablets one hour before lunch

Take my
tablets at 6pm



Notes

Take my tablets at 6pm

Take my
tablets at
evening meal
time



Notes

Take my tablets at evening meal time

Take my tablets at bedtime



Notes

Take my tablets at bedtime

Remember
to take my
tablets at
9pm



Notes

Remember to take my tablets at 9pm

Apply cream
to my

as shown to me



Notes

Apply cream to my _____ as shown to me

Take my
antibiotics at

to treat my
infection



Notes

Take my antibiotics _____ at to treat my infection

I need to eat a
snack before
going to bed



Notes

I need to eat a snack before going to bed

Put _____
eye drops into
my left/right eye



Notes

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



Notes

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