



# Карти за потсетување за лекови

Medicines Reminder Cards Macedonian/English

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 043 200
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

Треба да останам  
дома додека не дојде  
медицинската сестра  
заради моите лекови  
или

да се јавам на  
**1300 043 200**



# Белешки / Notes

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I need to stay at home until the nurse comes to visit for my tablets or call 1300 043 200

Проверете го денот во неделата во календар, весник или кај член на семејството.

Земете ги моите таблети од мојот пакет за лекови за точен ден и во точно време.



# Белешки / Notes

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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

Моите таблети  
ги земам со  
појадок.



# Белешки / Notes

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I take my tablets with breakfast



Земете ги  
моите таблети  
пред појадок



# Белешки / Notes

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Take my tablets before breakfast

Во \_\_\_\_\_ земете ја мојата  
неделна таблета за здрави коски  
половина час пред појадок и  
останете исправениз



Половина час





Моите таблетки  
треба да ги  
земам напладне





Моите таблетки  
треба да ги  
земам во  
време на ручек



# Белешки / Notes

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I need to take my tablets at lunchtime



оите таблетки треба да ги земам  
еден час пред ручек



Еден час



# Белешки / Notes

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I need to take my tablets one hour before lunch

Земете ги  
моите таблети  
во 6 навечер



# Белешки / Notes

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Take my tablets at 6pm

Земете ги  
моите таблети  
во време на  
вечера



# Белешки / Notes

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Take my tablets at evening meal time

Таблетите  
треба  
да ги земам  
пред одење на  
спиене  
навечер



# Белешки / Notes

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Take my tablets at bedtime



Запаметете  
да ги земете  
моитетаблети  
во 9 навечер



# Белешки / Notes

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Remember to take my tablets at 9pm

# Ставете крем на

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# Како што ми е покажано



## Белешки / Notes

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

Земете ги моите  
антибиотици во

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заради лекување  
на мојата  
инфекција



# Белешки / Notes

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

# Треба нешто да изедам пред спиење



# Белешки / Notes

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I need to eat a snack before going to bed



# Ставете ми

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капки за очи во  
левото/десното  
ОКО



# Белешки / Notes

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

# Ставете ми капки во двете очи во

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# Белешки / Notes

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Put my eye drops in both eyes at \_\_\_\_\_

# По капење ставете ми крем на сувата кожа



# Белешки / Notes

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Put cream on my dry skin after bathing

Пред земањето  
инсулин  
проверете  
ми го шеќерот  
во крвта







# Јас го користам мојот инхалатор во

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# Белешки / Notes

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I use my inhaler at \_\_\_\_\_

Треба да го  
земам мојот

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ако имам болки  
и потоа чекам  
4 – 6 часа  
пред да земам  
уште



# Белешки / Notes

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

Macedonian telephone interpreter service:

1300 043 200

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.