



# Pepa Faamanatu o Fualaau

Medicines Reminder Cards Samoan

1. Inu o’u fualaaui mai la’u pepa fualaaui mo le taimi o le aso e tataui ai
2. E inu a’u fualaaui i le taimi e fai ai la’u ti o le taeao
3. Inu o’u fualaaui a o le’i faia le ti o le taeao
4. I le \_\_\_\_\_ inu a’u fualaaui i vaiaso taitasi mo le maloloina o ponaivi i le ½ itula a o le’i faia le ti o le taeao ma nofo sa’o i luga
5. E manaomia le inu o o’u fualaaui i le aoauli
6. E manaomia le inu o o’u fualaaui i le taimi o mea’ai o le aoauli
7. E manaomia le inu o o’u fualaaui i le tasi le itula a o le’i faia mea’ai o le aoauli
8. Inu o’u fualaaui i le 6 i le afiafi
9. Inu o’u fualaaui i le taimi o le meaai o le afiafi
10. Inu o’u fualaaui i le taimi e moe ai
11. Ia manatua e inu o’u fualaaui i le 9 i le afiafi
12. Apalai \_\_\_\_\_ le kulimi e pei ona faasino mai ia te a’u
13. Inu o’u fualaaui tui i le \_\_\_\_\_ e togafiti ai lo’u manu’a
14. E manaomia ona ‘ai sina meaai māmā ae ou te le’i moe
15. Tului \_\_\_\_\_ o’u mata tauagavale/taumatau i le vai e tului ai mata
16. Tului o’u mata uma e lua i le
17. Apalai le kulimi i le pa’u o lo’u tino o loo mago pe a uma ona ou taele
18. Siaki muamua le tulaga o iai le suka i le toto a o le’i faia le tui mo le suka (insulin)
19. E fa’aaogā la’u pamu (inhaler) i le
20. E tataui ona inu lo’u \_\_\_\_\_ pe afai e iai ni mea o a’u e tigā, ona faatali lea mo le 4 - 6 itula a o le’i toe inua le isi

Siaki le aso o le vaiaso i  
le kalena, nusipepa po  
o se sui o le aiga.

Inu o'u fualaau mai la'u  
pepa o fualaau mo le  
aso tatau i taimi tatau





# Tusitusiga / 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

# E inu o'u fualaau faatasi ma le ti o le taeao



# Tusitusiga / Notes

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I take my tablets with breakfast

# Inu o'u fualaau a o le'i faia le ti o le taeao





# Tusitusiga / Notes

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Take my tablets before breakfast



I le \_\_\_\_\_ e inu ai o'u fualaaau  
ta'ivaiaso mo le maloloina o ponaiva  
i le 1/2 itula a o le'i faia le ti o le  
taeao ma nofo sa'o i luga



1/2 i le itula



# Tusitusiga / Notes

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

# E manaomia ona inu o'u fualaaui i le aoauli



# Tusitusiga / Notes

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I need to take my tablets at midday

E manaomia  
ona inu o'u  
fualaaui i  
le taimi o le  
mea'ai o le  
aoauli



# Tusitusiga / Notes

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I need to take my tablets at lunchtime

# E manaomia ona inu o'u fualaau i le tasi le itula a o le'i faia le mea'ai o le aoauli



tasi le itula







# Inu o'u fualaau i le 6 i le afiafi



# Tusitusiga / Notes

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Take my tablets at 6pm

# Inu o'u fualaaui i le taimi o le meaai o le afiafi



# Tusitusiga / Notes

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Take my tablets at evening meal time

# Inu o'u fualaau i le taimi e moe ai



# Tusitusiga / Notes

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Take my tablets at bedtime

Ia manatua ia inu  
o'u fualaau i le 9  
i le afiafi



# Tusitusiga / Notes

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Remember to take my tablets at 9pm



Apalai le  
kulimi i lo'u

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e pei ona  
faasino mai  
ia te a'u



# Tusitusiga / Notes

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

Inu o'ū fualaa  
tui i le

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e togafiti ai  
lo'ū manu'a





# Tusitusiga / Notes

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

E manaomia  
ona 'ai sina  
mea'ai māmā  
a o le'i moe



# Tusitusiga / Notes

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I need to eat a snack before going to bed

Tului \_\_\_\_\_  
o'u mata  
tauagavale/  
taumatau i le  
vai e tului  
ai mata





# Tusitusiga / Notes

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



# Tului o'u mata uma e lua i le

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# Tusitusiga / Notes

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

Apalai le kulimi  
i vaega o le  
pa'u o le tino e  
mago pe a uma  
ona ou taele



# Tusitusiga / Notes

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Put cream on my dry skin after bathing

Siaki muamua  
le tulaga o le  
suka a o le'i faia  
le tui mo le  
suka (insulin)



# Tusitusiga / Notes

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Check my blood sugar before taking insulin

# E fa'aaogā la'u pamu (inhaler) i le

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# Tusitusiga / Notes

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



E tatau ona inu lo'u

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pe afai e iai ni mea o  
a'u e tigā, ona faatali  
lea mo le  
4 - 6 itula a o le'i toe  
inua le isi



# Tusitusiga / Notes

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