

Royal District Nursing Service (RDNS)

用藥提醒卡



Chinese translation



[illegible]

RDNS Medication Reminder Cards (Chinese translation)

Home and Community Care (HACC) services provided by Royal District Nursing Service are jointly funded by the Victorian and Australian Governments

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



[illegible]

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

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。

我要按照藥物標籤的
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 packet for the right day at the right times.

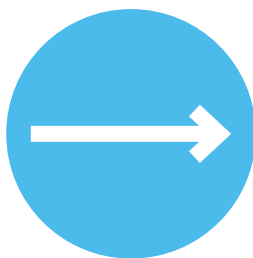
我要在進早餐 時服用藥片



[illegible]

I take my tablets with breakfast

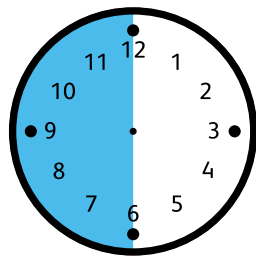
我要在進早餐**之前**服用藥片



[illegible]

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



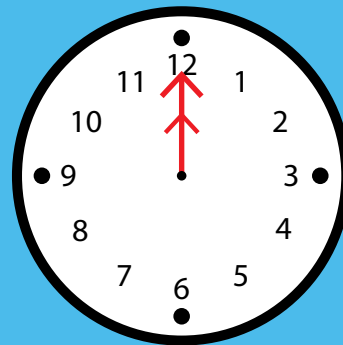
半小時



[illegible]

On _____ take my weekly tablet for healthy bones **½ an hour** before breakfast and stay upright

我要在中午的
時候服用藥片



[illegible]

I need to take my **tablets** at **midday**

我要在進午餐 時服用藥片



[illegible]

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



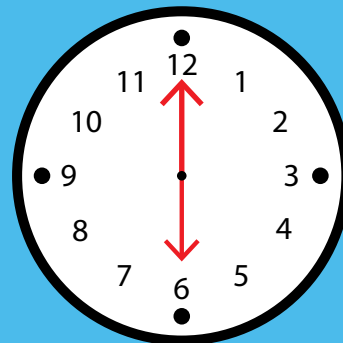
一個小時



[illegible]

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

[illegible]

Take my **tablets** at **6pm**

我要在進晚餐 時服用藥片



[illegible]

Take my tablets at evening meal time

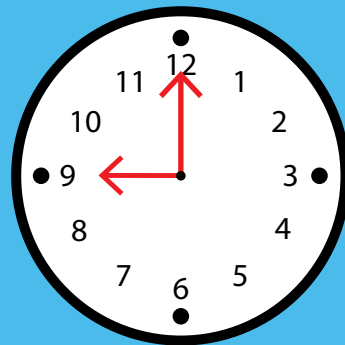
我要在夜間上牀
時，服用藥片



[illegible]

I take my tablets at bedtime

我要記住在晚上
9點鐘服用藥片



[illegible]

Remember to take my tablets at **9pm**

我要按照護士的
示範，在我的

塗抹油膏



[illegible]

Apply cream to _____ as shown to me

我要在

服用抗菌素
治療感染



[illegible]

Take my antibiotics at _____ to treat my infection _____

我要在上牀之前吃點東西



[illegible]

I need to eat a snack before going to bed

我要往左眼 /
右眼擠

滴眼藥水



[illegible]

Put _____ eye drops into my left/right eye

我要在

往兩隻眼睛
擠眼藥水



[illegible]

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

[illegible]

Put cream on my dry skin after bathing

我要先檢查血糖，
然後使用胰島素



[illegible]

Check my blood sugar before taking insulin

我要在

使用藥物吸入器



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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



[illegible]

I should take my _____ if I have pain and then wait 4–6 hours before taking more