



# Kartice kao podsjetnik za lijekove

Medicines Reminder Cards Croatian/English

1. I need to stay at home until the nurse comes to visit for my tablets or call 1300 538 673
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

Moram ostati u  
kući dok sestra  
dođe radi mojih  
tableta

ili nazvati  
1300 537 673







Provjeriti dan u  
tjednu na kalendaru,  
u novinama ili pitati  
nekog od obitelji.

Popiti tablete iz mog  
paketa lijekova na  
naznačeni dan i u  
naznačeno vrijeme.





# Tablete pijem uz doručak







# Tablete pijem prije doručka





U \_\_\_\_\_ popiti tabletiu za cijeli  
tjedan za zdrave kosti  $\frac{1}{2}$  sata prije  
doručka i ostati u uspravnom položaju



$\frac{1}{2}$  sata





# Moram popiti tablete u podne







# Moram popiti tablete u vrijeme ručka





# Moram popiti tablete jedan sat prije ručka







# Popiti tablete u 6 sati navečer





# Popiti tablete uz večernji obrok





# Moram popiti tablete navečer prije spavanja







Moram se  
podsjetiti popiti  
tablete u 9 sati  
navečer





Namazati kremom  
kako mi je

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pokazano





# Popiti antibiotike u

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# radi liječenja infekcije







# Moram nešto pojesti prije odlaska na spavanje





# Staviti

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kapi za oči u  
lijevo / desno oko







# Staviti kapi za oči u oba oka u

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# Namazati kremom suhu kožu poslije kupanja





# Izmjeriti šećer prije uzimanja inzulina





# Koristim inhalator (pumpicu) u

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# Moram uzeti

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ako imam bolove  
a onda pričekati  
4– 6 sati prije  
nego ih ponovno  
uzmem







## How to contact us:

Croatian telephone interpreter service:

1300 538 673

1300 22 11 22

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

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.

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