

# TAKING YOUR MEDICATIONS



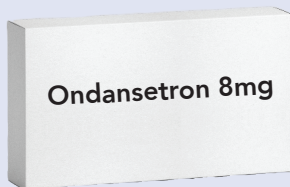
Care  
Education  
Advocacy



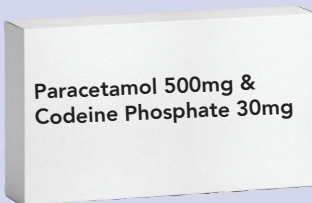
## STEP 1



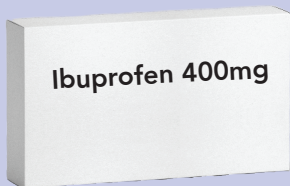
Swallow this single tablet at \_\_\_\_\_  
on \_\_\_\_\_.



Take 1 tablet at \_\_\_\_\_ on \_\_\_\_\_  
to prevent nausea.



Take 2 tablets at on \_\_\_\_\_ at \_\_\_\_\_  
Note: if strong pain persists take  
an extra 1-2 tablets at least 4  
hours later.



Take 4 tablets at \_\_\_\_\_ on \_\_\_\_\_.  
Note: If pain persist take an extra  
1-1½ tablets at least 8 hours later. No  
more than 6 tablets in 24 hours.

## STEP 2



Take 4 tablets at \_\_\_\_\_ on \_\_\_\_\_.  
Rinse your mouth then place  
2 tablets each side (=4 tablets total)  
between your teeth and gums.  
Allow these to be absorbed for  
approx. 30 min and then swallow  
any residue with water.



If you have any questions or concerns please don't hesitate to phone SHV 9257 0100 to speak with a nurse (9am - 5pm) weekdays or NURSE-ON-CALL 1300 60 60 24 (24 hr service).