



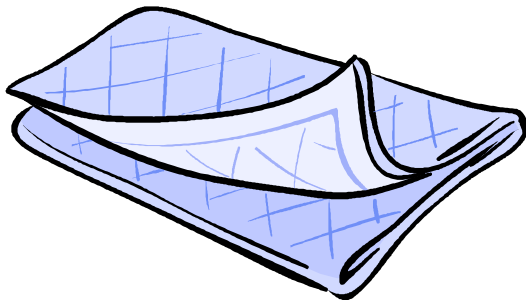
住院期間與醫護人員溝通

Inpatient Communication with Hospital Staff

(English & Chinese 中英對譯)

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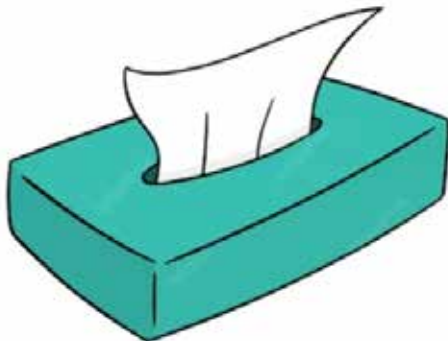
我需要多一張毛毯

An extra blanket please.



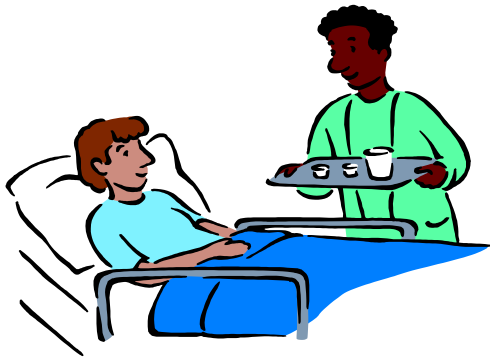
我需要多一個枕頭

An extra pillow please.



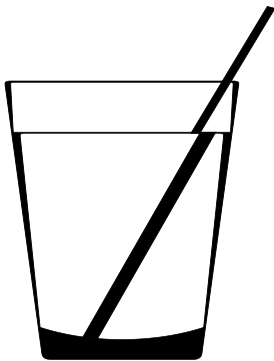
我需要紙巾（衛生紙）

May I have some tissue please?



我肚餓，請給我一點食物

I'm hungry, may I have something to eat?

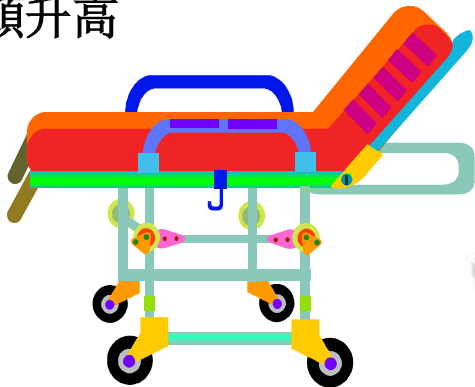


請給我一杯 溫水 / 涼水

Can I have some warm / cold water please?

Raise my bed head please.

請把床頭升高



請把床頭放低

Lower my bed head please.



請幫我轉身 (翻身)

Please help me reposition.

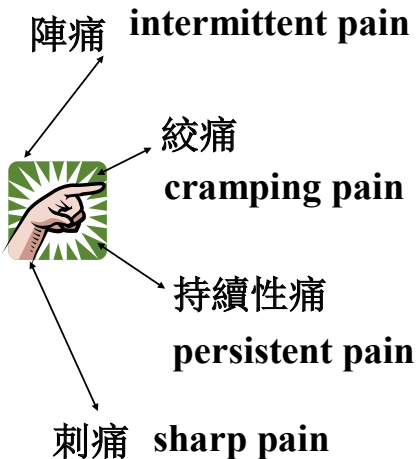


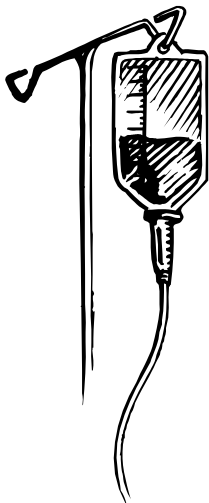
請扶我坐在椅上
Please help me to the chair.



請給我止痛藥

May I have some pain relief?





這條導管令我疼痛

The IV cannula is hurting me.



我呼吸困難

I have difficulty in breathing.



請替我清除喉嚨內的痰
Please clear the sputum in my throat.



我吞嚥有困難（吞不下）

I have difficulty in swallowing.



我覺得頭暈

I feel dizzy.



我覺得作悶 (噁心)

I feel nauseous.



我要嘔吐
I want to vomit.



我肚痾(腹瀉)

I suffer from diarrhea.



我有便秘

I suffer from constipation.



**我需要開塞露
I want
suppository.**



**我需要口服的通大便藥
I want oral medication to
move my bowel.**



我覺得發熱

I have a fever.



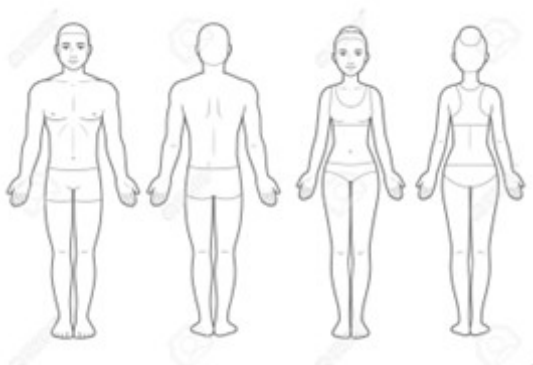
我覺得發冷

I am shivering.



我無法入睡，請給我一點藥

I can't sleep, may I have some medication?



我覺得這裏痕癢

I feel itchy here.

(請在上圖指出位置)

(point it out on the above picture)



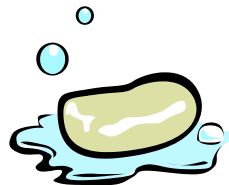
請扶我去廁所
Please help me to the toilet.



我需要小便盆
I need a urinal.



我需要大便盆
I need a bedpan.



我小便失禁了，需要清潔
I wet myself and need cleaning, please.



我大便失禁了，需要清潔
I soiled myself and need cleaning, please.



我想洗澡
I need a shower.

我下次見醫生時，需要
一個粵語傳譯員

**I need a Cantonese
interpreter for my next
doctor appointment.**



我下次見醫生時，需要
一個普通話傳譯員

**I need a Mandarin
interpreter for my next
doctor appointment.**

請替我約見社工，並需要一個...

I need to see the hospital social worker with a...



粵語傳譯員
Cantonese interpreter

普通話傳譯員
Mandarin interpreter

早餐 Breakfast



牛奶
Milk



茶
Tea



果汁
Juice



咖啡
Coffee

早餐 Breakfast



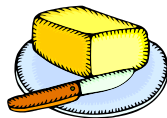
雞蛋
Egg



麪包
Bread



多士
Toast



牛油
Butter



果醬
Jam

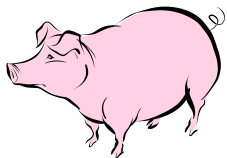


麥片
Cereal



燕麥粥
Porridge

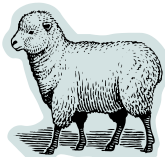
午餐 Lunch / 晚餐 Dinner



豬
Pork



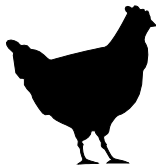
牛
Beef



羊
Lamb



魚
Fish



雞
Chicken

午餐 Lunch / 晚餐 Dinner



飯
Rice



南瓜
Pumpkin



青豆
Peas



薯仔蓉
Mashed
Potato



沙律
Salad



熟薯仔(土豆)
Boiled Potato



意大利粉
Pasta

生果 Fruit / 甜品 Dessert



蘋果
Apple



橙
Orange



梨子
Pear



香蕉
Banana



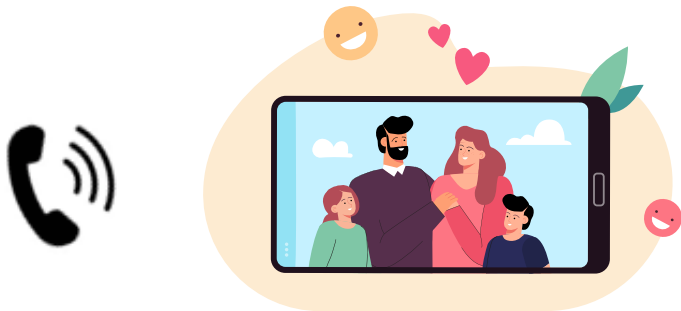
啫喱
Jelly



雪糕
Ice-Cream



布丁
Pudding



請聯絡我家人

Please help call my family.

CanRevive Services:

- Cancer Information and Resources 癌症資源
- Public Information Sessions 公開講座
- Living With Cancer Programs 面對癌症資訊課程
- Support Groups 支持小組
- Complementary Therapeutic Programs 輔助治療活動
- Hospital Visits 醫院探訪
- Telephone Support 電話支援服務
- Palliative Care Support 紓緩護理支援服務

This booklet is sponsored by Mr Justin & Mrs Irene Lam
此小冊子由 Mr Justin & Mrs Irene Lam 贊助



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