

THE DOSING CALENDAR

FIGURING IT OUT

How can I be of help?

Can you explain that dosing calendar to me again? It may sound stupid, but all I see are numbers.

No problem, of course. You're definitely not the first person to be confused by it. It is confusing.

Look here. This is Wednesday 19 December. It says 1.50. That means that you take one-and-a-half pills on that date.

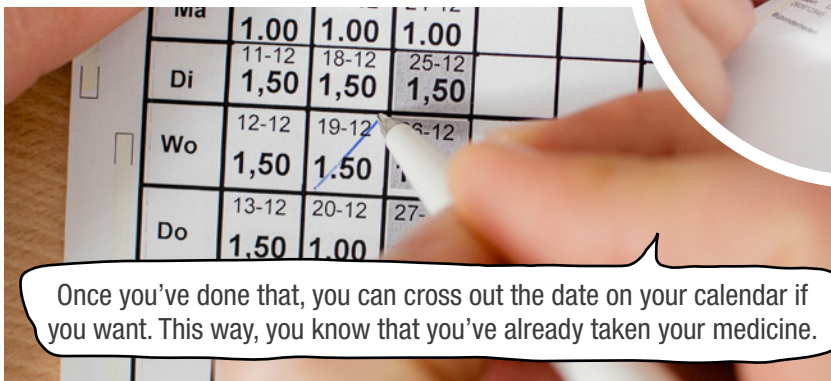
Handy

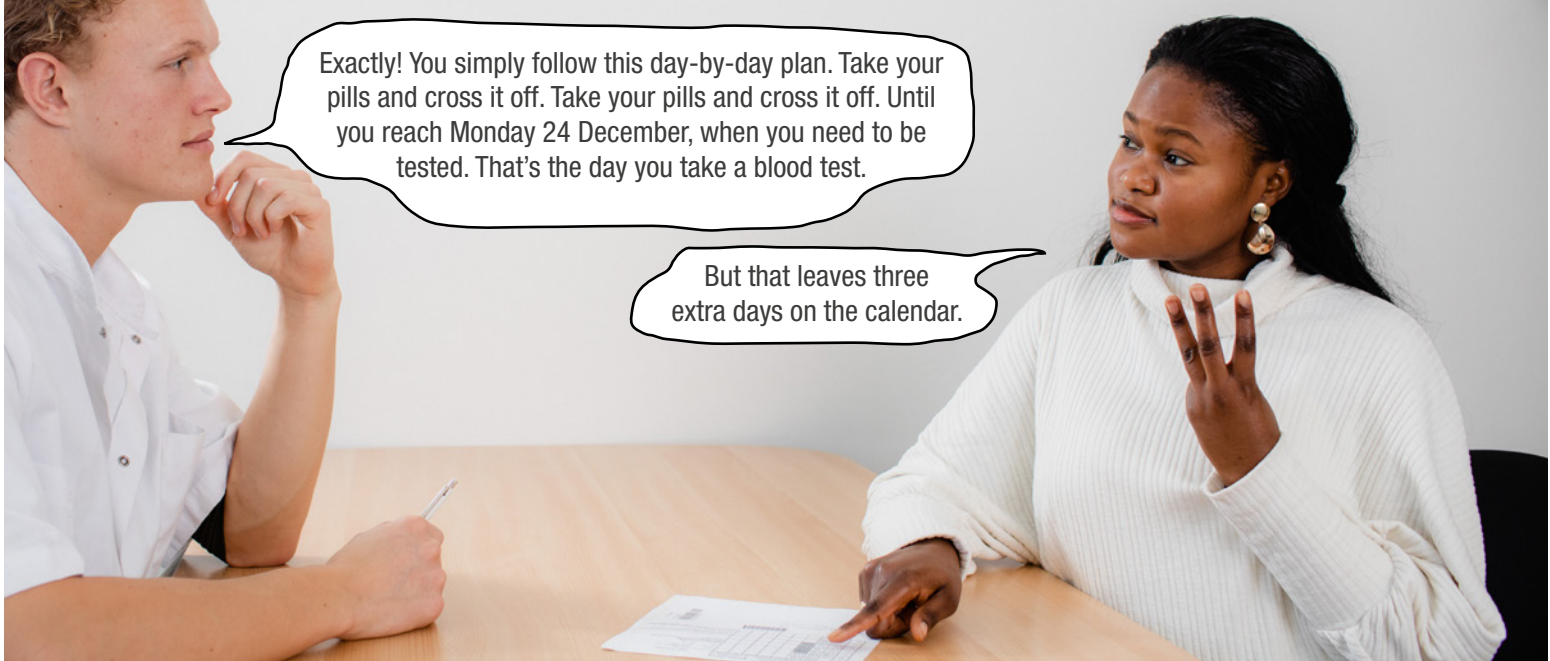
Once you've done that, you can cross out the date on your calendar if you want. This way, you know that you've already taken your medicine.

Here's the next day, Thursday 20 December. It says 1.00. That means you take one whole pill that day.

I see that the next date shows 1.5. That means one-and-a-half pills, right?

Ma	1.00	1.00	1.00
Di	1.50	1.50	1.50
Wo	1.50	1.50	1.50
Do	1.50	1.00	





Exactly! You simply follow this day-by-day plan. Take your pills and cross it off. Take your pills and cross it off. Until you reach Monday 24 December, when you need to be tested. That's the day you take a blood test.

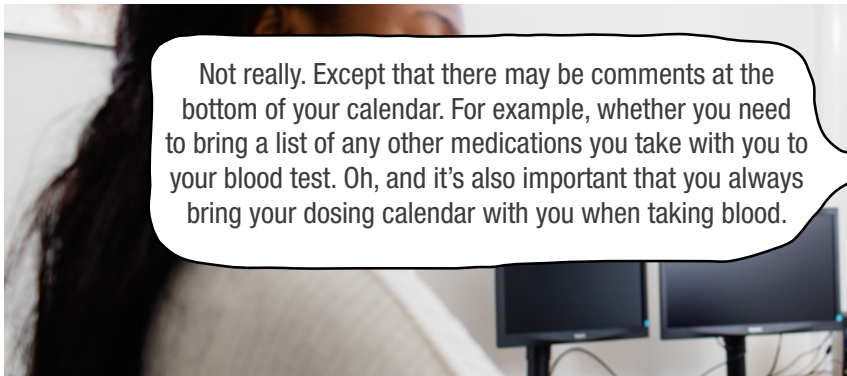
But that leaves three extra days on the calendar.



Very observant. You're absolutely right. Those are the rollover days. Suppose you don't get your blood taken on Friday the 15th, but on Monday. In the meantime, you still need to know what doses to take on Saturday and Sunday.



Okay. Anything else I should know?



Not really. Except that there may be comments at the bottom of your calendar. For example, whether you need to bring a list of any other medications you take with you to your blood test. Oh, and it's also important that you always bring your dosing calendar with you when taking blood.



That's because we need the sticker on your calendar for the blood tube. So that we know this tube contains your blood.



I got it. It's no shot in the dark!