



### Mid Cycle ready reckoner

Dose →	1OD	1BD	1TDS	1QDS
Cycle Day ↓				
1	28	56	84	112
2	27	54	81	108
3	26	52	78	104
4	25	50	75	100
5	24	48	72	96
6	23	46	69	92
7	22	44	66	88
8	21	42	63	84
9	20	40	60	80
10	19	38	57	76
11	18	36	54	72
12	17	34	51	68
13	16	32	48	64
14	15	30	45	60
15	14	28	42	56
16	13	26	39	52
17	12	24	36	48
18	11	22	33	44
19	10	20	30	40
20	9	18	27	36
21	8	16	24	32
22	7	14	21	28
23	6	12	18	24
24	5	10	15	20
25	4	8	12	16
26	3	6	9	12
27	2	4	6	8
28	1	2	3	4

Key  
1od - One Daily  
1bd - One Twice Daily  
1 tds- One Three Times a day  
1 qds- One Four Times a day

E.G. If you are on day 4 of your current four week cycle and the GP prescribes a new treatment that is given daily you only need 25 tablest prescribing to ensure all medication remains in line and does not run out at odd times.