MED E-CARE

Topical Application / Mid Cycle Ready Reckoner

Dose → / Cycle Day ↓	ONCE DAILY	TWICE DAILY	THREE TIMES DAILY	FOUR TIMES DAILY	FIVE TIMES DAILY	SIX TIMES DAILY
1	28	56	84	112	140	168
2	27	54	81	108	135	162
3	26	52	78	104	130	156
4	25	50	75	100	125	150
5	24	48	72	96	120	144
6	23	46	69	92	115	138
7	22	44	66	88	110	132
8	21	42	63	84	105	126
9	20	40	60	80	100	120
10	19	38	57	76	95	114
11	18	36	54	72	90	108
12	17	34	51	68	85	102
13	16	32	48	64	80	96
14	15	30	45	60	75	90
15	14	28	42	56	70	84
16	13	26	39	52	65	78
17	12	24	36	48	60	72
18	11	22	33	44	55	66
19	10	20	30	40	50	60
20	9	18	27	36	45	54
21	8	16	24	32	40	48
22	7	14	21	28	35	42
23	6	12	18	24	30	36
24	5	10	15	20	25	30
25	4	8	12	16	20	24
26	3	6	9	12	15	18
27	2	4	6	8	10	12
28	1	2	3	4	5	6