

Dose timings

Some drugs work better at certain times of the day - if unsure, check the Patient Information Leaflet (PIL) or ask your pharmacist.

If medication is to be given at irregular intervals, this should be specified on the prescription/label.

Most medication is required to be given at regular intervals to ensure it will work properly;

- Once daily - 24 hours between doses (at the same time each day)
- Twice daily - 12 hours between doses (morning & evening)
- Three times daily - ideally 8 hours between each dose but e.g. may need to be given with food
- Four times daily - ideally 6 hours between each dose but e.g. may need to be given before food

Aim for equal dosing intervals where possible, but use common sense. If in doubt, ask.

Special coatings allow medication to be given less often than immediate release formulations by releasing the drug over a longer time interval e.g. once/twice daily instead of three/four times daily. These can include long acting (LA), slow release (SR) or modified release (MR) formulations.