

## **METHOD TO TAKE MEDICINES #-1**

**Step 1:** Take 1packet/2-3 tiny pills and dissolve in a cup of plain drinking water.(Cup A)

**Step 2:** Stir liquid in Cup A 10 times and consume  $\frac{1}{2}$  CUP. Throw /Keep the remaining liquid.

**Step 3:** For the next dose add  $\frac{1}{2}$  CUP in the left over liquid of Cup A, and dilute it. (Label Cup B). Now stir the liquid in Cup B 10 times and consume  $\frac{1}{2}$  CUP from it.

Keep the remaining liquid of Cup B for the next dose if instructed.