

Instructions for use – first stage of study

Starting the study

Please start taking your Tic-Tac's on [Date].

How should I take my Tic-Tac's?

Take your Tic-Tac's exactly as prescribed. Follow all directions in this instruction sheet. Do not take your Tic-Tac's in larger or smaller amounts or for longer than recommended.

- 1 pill, twice a day for 7 days
- Does not have to be taken with food
- 12 hour gap between pills
- **Take your Tic-Tac's at the same time each day.**

IMPORTANT

You will be sent SMS reminders twice daily for 7 days. Please follow the instructions in the welcome SMS to confirm the time you took your first Tic-Tac. You will be sent a reminder 12 hours later to take your evening Tic-Tac.

You will be sent reminders at the same time each day for the following 6 days.

Starting your medication

Choose a time to start taking your medication.

We recommend once in the morning and once in the evening. Take your medication at the same time each day for 7 days.

What happens if I miss a dose?

Do not take an extra Tic-Tac to make up the missed dose, but do continue to take your next Tic-Tac at the set time.

Finishing your prescription

Please stop taking your Tic-Tac's on [Date].

Instructions for use – second stage of study

Starting the study

Please start taking your Tic-Tac's on [Date].

How should I take my Tic-Tac's?

Take your Tic-Tac's exactly as prescribed. Follow all directions in this instruction sheet. Do not take your Tic-Tac's in larger or smaller amounts or for longer than recommended.

- 1 pill, twice a day for 7 days
- Does not have to be taken with food
- 12 hour gap between pills
- **Take your Tic-Tac's at the same time each day.**

IMPORTANT

Please note down the time you took the first Tic-Tac.

You should take the next Tic-Tac 12 hours later.

Example: First Tic-Tac taken at 7am, second Tic-Tac taken at 7pm.

All subsequent Tic-Tac's should be taken at the same times for the following 6 days.

Starting your medication

Choose a time to start taking your medication.

We recommend once in the morning and once in the evening. Take your medication at the same time each day for 7 days.

What happens if I miss a dose?

Do not take an extra Tic-Tac to make up the missed dose, but do continue to take your next Tic-Tac at the set time.

Finishing your prescription

Please stop taking your Tic-Tac's on [Date]