

# Swallowing tablets

## Information for patients

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Lots of people struggle to swallow tablets.

This may be a stand-alone problem, or you may also have difficulties swallowing food and drink.

### Ways to make swallowing tablets easier:

- Sit down to take your tablets
- Some people find that tipping their head slightly forward or to one side helps them to swallow tablets
- Take tablets one at a time
- Have a drink before you take your tablets and at the same time, this will help to moisten your mouth and throat
- Try taking your tablets with fizzy or ice-cold drinks
- Try taking tablets with milk or a smoothie rather than water
- Try placing your tablets in a spoonful of yoghurt, custard or jam. These foods hold the tablet and may make it slip over more easily.

**DO NOT suck, crush or break open tablets/capsules unless you have been advised to by your GP or pharmacist.**

If you have difficulties taking your medication talk to a pharmacist (at the chemist) or your GP who can consider alternatives.

If you have difficulty swallowing food and drink, ask your GP for a referral to a Speech and Language Therapist (if you have not already seen one or if your issues are worsening).

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