

Tips for Swallowing Pills

Many healthy people have a hard time swallowing pills. If you have physical problems swallowing from the effects of trauma, a tumor, or a stroke, talk to your healthcare provider about the best way for you to take medicine.

Follow this basic checklist to help make it easier to take your medications.

Do: Drink plenty of water. A dry mouth or throat can make it more difficult to swallow.

Do: Try different head positions as you take your medications. For example, some people find that leaning forward when taking a capsule helps.

Do: Check with your doctor or pharmacist to find out if your pill is safe to split in half. If it is, splitting a pill into a smaller size may make it easier to swallow. Before you try this, make sure you understand how to split your medications correctly, so you get your proper dose.

Do: Check with your provider or pharmacist to see if you can take the medication in a different form. Your pill may be available as a capsule, which many people find easier to swallow, or even as a liquid.

Do Not: Take more than one pill at a time. If you are prescribed more than one medication to take at the same time each day, do not take them all at once. Swallow each one separately with plenty of water.

Taking your medication as prescribed is important for your health. Overcoming the challenges of swallowing pills can help reduce the stress of taking medications and help you take your medicine safely and as directed.