

Hints and tips for taking tablets

Many people find taking or swallowing their tablets challenging. The following advice may help to make taking tablets a bit easier:

- > Sit upright in a comfortable and well supported chair.
- > Try not to talk or get distracted when you are taking your tablets.
- > Take one at a time (even if you have a lot to take).
- > Check the advice on taking each tablet, some are advised to be taken with water, and others with food. Always follow the advice.
- > Some people find putting the tablet in a teaspoon of yoghurt or custard helps the tablet to slide down.
- > If none of these things seem to be helping, consider talking to your G.P. about what medicines may be available in an alternative form, e.g. liquid, soluble or patch.

If you are coughing and/or choking at mealtimes, speak to your G.P. about a referral to a speech and language therapist for a swallowing assessment.