

Fold in 4th

Down
the
chute!
Pill swallowing tips



Quick Tips



- Sit or stand up *straight*
- Don't talk
- Gargle for 30 seconds before you begin swallowing to make your tongue and throat slippery

Swallowing Made Simple



Are you a lazy lizard or a slippery fish? Perhaps you're a slimy alien or a crazy crab. Keep reading to find out which one has the swallow that is easiest for you to master.



You might want to even practice with candies like a Tic Tac® that are about the same size as your medication – that way you can make learning sweet!

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Remember
Never sprinkle, crush, break, or dissolve a pill without talking to your doctor first.

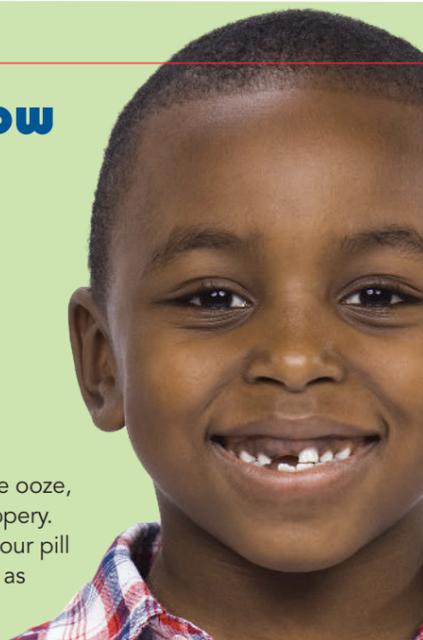
Fold in 1st

Crazy Crab Swallow



Pretend you are a crazy crab with pinchers on your hands. Place your pill on the back of your tongue and fill your mouth with your favorite drink. Now close your mouth and use your pinchers to tickle your throat as you swallow.

Alien Slimy Swallow



Aliens seem to like things that are slimy, like ooze, to help them make their throats more slippery. Practice the alien slimy swallow by taking your pill with a teaspoon of slippery food, such as applesauce, yogurt or pudding.

Remember:

Swallowing happens naturally – Don't resist it!

Lazy Lizard Swallow



To catch bugs he needs to eat, the lizard places them on the tip of his tongue and then swallows hard. Try to be a lizard - place your pill on the very tip of your tongue. Take a drink, and tilt your head back as fast as you can.

Slippery Fish Swallow



Pretend you love water like a fish. Place the pill inside your mouth, and drink as much water as you can - holding the water in your cheeks. Now, take a few big gulps until all of the water in your mouth is gone, along with the pill.