

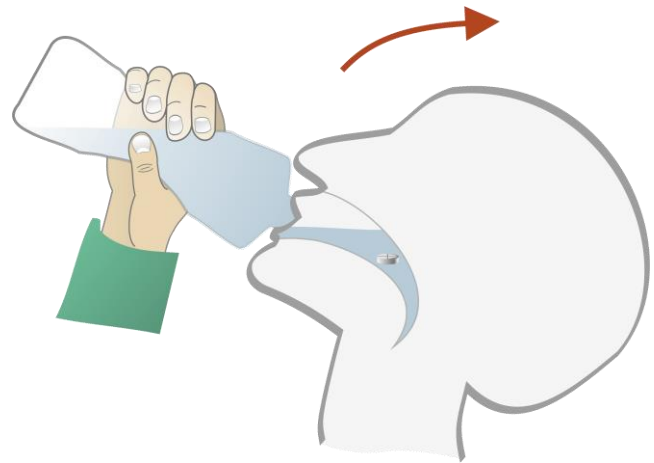


## How to Swallow Pills More Easily

Do you have trouble swallowing tablets or capsules, especially large ones? Do they stick in your mouth or throat? Do you have an unpleasant feeling while swallowing? If so, these tips might help. Something called the “pop-bottle method” can help you swallow tablets. And the “lean forward technique” can help with swallowing capsules. Here’s how:

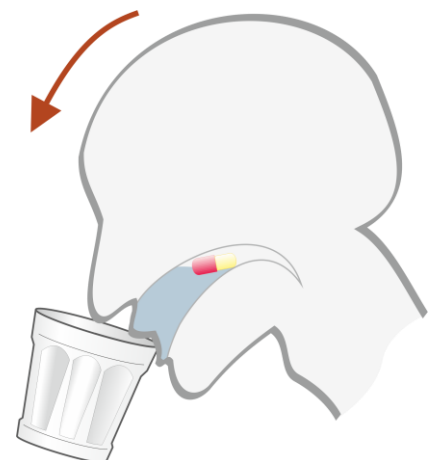
### Pop-bottle method for tablets

1. Fill a flexible plastic water bottle or pop bottle with water.
2. Put the tablet on your tongue and close your lips tightly around the opening of the bottle.
3. Take a drink from the bottle, keeping contact between the bottle and your lips by pursing your lips and using a sucking motion. Swallow the water and the pill right away.
4. Don’t let air get into the bottle as you swallow. You should feel the bottle squeeze in on itself as you swallow.



### Lean-forward technique for capsules

1. Put the capsule on your tongue.
2. Take a medium sip of water, but do not swallow yet.
3. Bend the head forward by tilting your chin slightly toward your chest.
4. Swallow the capsule and the water with the head bent forward.



Source: <http://www.annfammed.org/content/12/6/550.full>

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