



"Lighting the way with better patient care."

Anova
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

TIPS FOR USING MEDICATIONS UNDER THE TONGUE



TABLETS

1. Check with the pharmacist or hospice nurse to verify that the tablet medication can be crushed.
2. Place the tablet between 2 spoons and apply pressure. If you have a pill splitter, you can half the tablet prior to placing between the spoons.
3. Continue to apply pressure on and off until the tablet is a fine powder.
4. Mix the powder in a very small amount of water. The powder may also be mixed with a small amount of soft food, such as pudding or applesauce.
5. Make sure the patient consumes all of the mixture by placing the remains from the process under the patient's tongue.



CAPSULES

1. Check with the pharmacist or hospice nurse to verify that the capsule medication can be opened or crushed.
2. Open the capsule and mix the contents with a very small amount of water. The powder may also be mixed with a small amount of soft food, such as pudding or applesauce. **DO NOT CRUSH** any little beads that might exist inside the capsule.
3. Make sure the patient consumes all of the mixture by placing the remains from the process under the patient's tongue.

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