

# Down the Chute!

Pill swallowing tips



## Swallowing Made Simple

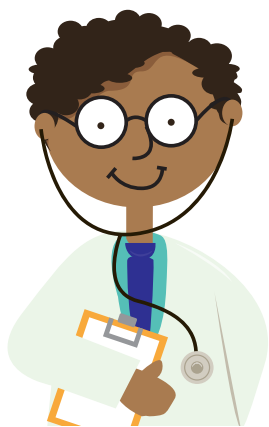
Are you a lazy lizard or a slippery fish? Perhaps you're a slimy alien or a crazy crab. Keep reading to find out which one has the swallow that is easiest for you to master.



You might want to even practise with candies like a TIC TAC that are about the same size as your medication—that way you can make learning sweet!

## Quick Tips

- Sit or stand up *straight*
- Don't talk
- Drink several sips of water before you begin swallowing your pill to make your tongue and throat slippery



## Remember

- Never sprinkle, crush, break, or dissolve a pill without talking to your doctor or pharmacist first.
- Check with your doctor or pharmacist to see if your medication can be taken with food.

## 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.



## Crazy Crab Swallow

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



## 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.



## Alien Slimy Swallow

Aliens seem to like things that are slimy, like ooze, to help them make their throats more slippery. Practise the alien slimy swallow by using a TIC TAC along with a teaspoon of slippery food, such as applesauce, yogurt, or pudding.



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