

Administration leaflet: Dissolving Tablets or Capsules

Medication Information Leaflet

1. Prepare a small plastic cup, a syringe, a small spoon and the tablet(s)/capsule(s).



2. Use the syringe to measure the amount of water needed, as instructed by your healthcare professional, and put this amount into the cup.

Use water that has been boiled and cooled to room temperature. Do **NOT** use hot water.

3. Follow the steps below depending on whether you are taking a tablet or capsule.

The number of tablets or capsules may change according to your dose. Please check with your healthcare professional if you are not sure.

- **Tablet**

Put the tablet(s) into the cup. You may put the tablet(s) in water for a few minutes to soften the tablet. If the tablet does not dissolve fully after a few minutes, use the spoon to crush the tablet and stir the mixture, so as to make sure that it is fully dissolved or uniformly mixed.

- **Capsule**

Empty the content of the capsule(s) into the cup. Next, use the spoon to stir the mixture and make sure that it is evenly mixed.

4. Use the syringe to measure the required amount of the mixture above as indicated on the medication label, and take this amount.

5. Throw away the remaining mixture in the cup.

6. The syringe, spoon and plastic cup can be washed and reused for the next dose.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

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