

# MED+<sup>TM</sup> EASY



## Crushing medication should be a last resort

---

If you or someone you care for is finding it hard to swallow solid medicines such as tablets and capsules, an alternative method many people use is to crush a tablet or open a capsule.

However, most solid does medication is not designed to be taken in this way. Crushing tablets or opening capsules can:

- ✓ Cause serious side effects
- ✓ Prevent the medicine from working properly
- ✓ Slow down recovery from illness

Modern medicines are very sophisticated and are developed using techniques which influence how the medicine works. After years of research, there are special modifications to some tablets which can mean the drug is released very slowly, so you only need to take one tablet or capsule a day. Some tablets have coatings designed to protect your stomach from the medicine or to prevent the stomach acid from attacking the tablet.

Crushing a tablet or opening a capsule can destroy the intended outcome of these medications and cause unwanted side effects. Some common modifications of medications include:

**Sugar or film coating** – surrounds the tablet to make it taste better. Crushing these types of tablets may cause a very unpleasant taste.

**Enteric coating** – tablets with an enteric coating should never be crushed. The coating is designed to hold the tablet together in the stomach and may be there to protect the stomach from the medicine, protect the medicine from the acid in the stomach or to release the medicine in another part of the digestive system such as in the intestine.

**Modified release** – this means the medicine has been modified so it is released slowly and doesn't need to be taken so often. The amount of medicine in the body increases slowly so that the chance of side effects is reduced. These tablets should never be crushed as this would release all of the medicine very quickly which could be harmful.

## What to do instead of crushing

---

You should always read the patient information leaflet enclosed with any medication. Unless the patient information leaflet states it is safe to crush your tablets or open your capsules, then don't.

Ideally the best option is to take any medication in the form it has been manufactured.

Med-Easy™ is a liquid that makes swallowing tablets, capsules and other solid dose forms of medication easier. It is suitable for anyone that can swallow autonomously, from the age of two.\*

People that can benefit from Med-Easy™ include:

- A person suffering from illness or a medical problem i.e. stroke, Alzheimer's, Parkinson's, cancer
- Those undertaking medication or treatment which results in dry mouth
- Children or young adults transitioning from children's liquid medication to solid dose tablets or capsules
- Over 60s
- Those with general pill anxiety

For more information about Med-Easy™ please visit [www.med-easy.co.uk](http://www.med-easy.co.uk)

\* Do not use in case of severe swallowing problems. Do not use Med-Easy™ with effervescent tablets. Pregnancy and breastfeeding – please check with your doctor or pharmacist before use.