



# Medication lubricant

**Gloop® is recommended by key guidelines and clinical papers**

## Medication lubricants

Medication lubricants are thick fluids or gels with a slippery texture, designed to help a person swallow a whole, intact tablet or capsule. For some people, use of a medication lubricant can avoid the need to crush or disperse a medicine.

Medication lubricants are useful for people who have an aversion to swallowing tablets or capsules and where the thickness and texture of fluids and food are not a concern.

For people with swallowing difficulties, the thickness of the medication lubricant is important. If it is too thin it may pose an aspiration risk. If it is too thick and sticky it may pose a choking risk.

At the time of publication, Gloop® is the only medication lubricant approved by the TGA in Australia. Gloop® original is IDDSI level 3 Moderately Thick and Gloop® Forte is Level 4 Extremely thick.

A speech pathologist can assess and advise if a medication lubricant is a safe option for a person with swallowing difficulties.

Burridge, N & Deidun, D, Society of Hospital Pharmacists of Australia. (2023) Don't Rush to Crush Handbook (4th edition), Australia, Society of Hospital Pharmacists of Australia, p 26.

Monthly Index of Medical Specialties (2024), eMIMS, <https://app.emims.plus/>



## Review medication regimen

Difficulty in swallowing provides an opportunity to review the medication profile. Before trying to modify a solid dose form, consider:

- stopping medicines that are no longer necessary
- using an oral liquid or dispersible tablet
- if a medication lubricant, eg Gloop®, may be suitable to aid in swallowing a whole tablet or capsule
- other available routes, eg rectal, topical, transdermal or parenteral, which may be appropriate
- changing to an alternative drug that is easier to give or has a liquid or dispersible preparation available

AMH Aged Care Companion (2024), Australian Medicines Handbook Pty Ltd; Adelaide, pg 236.



**Objective:** The objective of this project was to evaluate the implementation of Gloop® in the acute care ward setting and assess its acceptability and uptake by patients and ward nurses during medication administration.

**Results:** The implementation of Gloop® on the acute care ward showed high uptake and acceptability. The majority of patients using Gloop® had crushed medications, and the use of Gloop® varied based on patient needs.

**Conclusion:** The implementation of Gloop® as a medication lubricant for pill dysphagia on an acute care ward was successful and well received by patients and staff. The use of Gloop® appeared to improve medication administration practices and reduce the need for crushing medications or using food vehicles. This project highlights the importance of addressing pill dysphagia in acute care settings and provides insights for other wards considering similar interventions.

O'Brien E, Johnston S, Douglas C. (2023) Implementing a medication lubricant for pill dysphagia on an acute care ward using Plan-Do-Study-Act cycles. BMJ Open Quality 2023;12, pg 1-6.



**Always read the label. Follow the directions for use. If symptoms persist, consult a healthcare professional. Please consult a healthcare professional in the case of moderate-severe dysphagia.**

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