

# A Hard Pill to Swallow!

Common examples of tablets that are difficult to swallow

Active ingredient	Can't be crushed or split	Too large (>21mm <sup>3</sup> )	Narrow therapeutic index	Oesophageal irritant	Bad taste/ texture	Paediatric use	Sedative effect	Adherence is vital
Atorvastatin		✓**						
Doxycycline				✓				✓
Fish Oil	✓	✓		✓	✓			
Lisdexamfetamine	✓			✓		✓		
Melatonin	✓					✓	✓	
Metformin XR	✓	✓			✓			✓
Methotrexate	✓****		✓	✓				
Multivitamin	✓(?)	✓			✓			
Paracetamol Osteo	✓	✓		✓	✓			
Pregablin	✓			✓			✓	
Sodium Valproate	✓***	✓	✓				✓	✓
Warfarin			✓	✓				✓
<b>How can Gloup® assist?</b>	Reduces the need to crush medications*	Lubricates tablet making it easier to swallow	Reduces the need to crush* - avoiding changes in pharmacokinetics	Lubricates tablet and oesophagus for a smooth transit	Masks bitter taste and hides powdery/rough texture	High rates of pill dysphagia in Paediatric patients	Makes tablets easier to swallow for people with reduced swallowing reflex	Making tablets easier to swallow improves adherence

Information was provided by Michael Hewson BPharm MPS, Clinical Educator for Evomed Pty Ltd. \*Clinical evidence available upon request \*\* 80mg strength only \*\*\* Tablets are enteric coated (?) Some should not be altered \*\*\*\* Crushing cytotoxic medications should be avoided wherever possible

**Up to 40% of people face problems with the intake of oral medication\***  
 Gloup® assists with the safe use of medications and is the ultimate companion for tablets, capsules, and vitamins



Medication lubricant



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### Why use Gloup®?

- A slippery gel that **makes tablets easier to swallow**
- **Reduces the need to crush tablets\***
- **No known drug interactions** with medications
- Little or no impact on absorption\*
- Supported by 10+ years of **clinical experience** and multiple published **clinical studies\***
- **Supported by clinical guidelines:** eMIMs, AMH - Aged Care Guide, and Don't Rush to Crush+

**Make tablets easier to swallow... Try Gloup!**

Available in 5 flavours and 2 thickness levels  
ORDER NOW via your wholesaler



Medication lubricant

\*Clinical evidence available upon request