



How to Take Your Oral Medication

A Simple Guide to Getting the Most Out of Your Treatment

Your oral medication (whether liquid drops or an orally-dissolving tablet) is taken by placing the medication under your tongue to dissolve and absorb. The medication goes straight into your bloodstream this way. this is termed sublingual administration.

Pick a time

Take the medication at the same time every day—mornings are often best as it should be taken on an empty stomach - meaning before eating or drinking anything (except for a small sip of water if needed).

Place the medication correctly

Place the tablet or solution under your tongue—not on top of the tongue or anywhere else in your mouth.

Let the medication dissolve and absorb

Do not chew, crush, or swallow the medication. Just let it sit there until it is gone (usually a few seconds to a couple of minutes).

Stay still

Avoid talking or moving your tongue until it is fully dissolved and absorbed.

After you take the medication

Wait 30 minutes. Do not eat, drink, brush your teeth, or use mouthwash for at least 30 minutes. This gives the medicine time to soak in. Also, no food, gum, or smoking right before or after.

General Guidelines:

Keep your medication in the packaging that it arrived in and store at room temperature, away from heat or humidity.

If you accidentally swallow the medication do not take another one that same day. Swallowing it will not hurt you but it will reduce the absorption of the medication.

You might feel mild nausea or a funny taste at first—that's normal and usually goes away.