

# How to Crush & Administer a Medication

**Important:** This handout is for informational purposes only and is not intended as a substitute for official clinical training. Consult with your care team with any questions you may have by calling 336.889.8446.

Consult your doctor or hospice care team to check if a medication can be crushed. Extended release (sustained) medications, delayed (enteric-coated) medications and narcotics should never be crushed.

**Step 1:** Consult with your doctor or hospice care team to see if a medication can be crushed.

**Step 2:** Collect the crushing tools.

*For example: a purchased pill crusher, a small bowl and sturdy spoon, or a medicine cup and spoon*

**Step 3:** Place medication in a bowl or medicine cup with a very small amount of warm water to soften the pill.

**Step 4:** Wait for 30 seconds to 1 minute.

**Step 5:** Press or chop the pill with a sturdy spoon. Repeat this process several times until the pill is completely crushed.

**Step 6:** Make sure the medication can be taken with food or liquid other than water. Some medications can interact with food or drink. Ask your doctor or hospice care team if you are unsure.

**Step 7:** Mix the crushed, powdered medication with food or drink.

*Recommended Foods: applesauce, peanut butter, pudding*

*Recommended Drinks: milk, chocolate milk, fruit juice*

**Step 8:** Be sure the patient finishes the food/drink so that they consume the full medication dose.