



DO NOT
RUSH
TO
CRUSH.

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DO NOT **RUSH TO CRUSH.**



This handbook is intended to assist aged care staff give medicines safely to people who have difficulty swallowing or cannot swallow medicines.

It does not encompass all situations and should not replace sound clinical judgement nor replace recommendations set out by the Australian approved product information.

information about crushing solid oral dose forms

Many tablets and capsules are manufactured in specialised ways to protect the patient from unwanted mucosal irritation by the drug, or to obtain a slow or timed release of the medication.

Crushing or dispersing a medicine may alter its stability, reduce its effectiveness, increase its toxicity, or result in an unacceptable taste or texture. Alternative forms of many medicines such as oral liquids or patches are available. Crushing or dispersing a medicine is a last resort as a portion of the dose is usually lost when medicines are crushed and mixed with foods or liquids. Medicines can block feeding tubes if not given correctly or if they are not suitable for the size of the tube. Some medicines will not be effective if given through a feeding tube if the tube bypasses the site of absorption of the medicine.

A person who is having difficulty swallowing medicines or has an enteral feeding tube needs a comprehensive medication review as soon as possible. People living in aged-care facility can be referred by their general practitioner (GP) to an accredited pharmacist for a comprehensive medication review. The pharmacist will work in collaboration with the prescriber to consider the necessity and appropriateness of each medicine and advise on the availability of alternative formulations and medicines.

As a general guideline, the following tablets should not be crushed:

Summary of Drug Formulations that preclude crushing –

Enteric-coated

Designed to pass through the stomach intact with the drug being released in the intestines to:

1. Prevent destruction by stomach acids
2. Prevent stomach irritation
3. Delay onset of action

Extended-release

Designed to release the drug over an extended period of time.

Such products include:

1. Multiple-layered tablets releasing drug as each layer is dissolved
2. Mixed-release pellets that dissolve at different time intervals
3. Special matrices that are themselves inert, but slowly release drug from the matrix

Sublingual and Lozenge Preparations

The Sublingual tablets are designed to dissolve quickly in oral fluids for rapid absorption by the abundant blood supply of the mouth. Crushing and giving via the gastric route may render them ineffective.

The Lozenge is designed to dissolve slowly in oral fluids and act on the oral mucosa or in the throat.

Miscellaneous

Drugs that:

1. Produce oral mucosal or oesophageal irritation
2. Are extremely bitter or unpalatable
3. Contain dyes or inherently could stain teeth and mucosal tissue
4. Are potentially carcinogenic/cytotoxic/mutagenic/teratogenic if handled without adequate protection or if aerosolised powder is inhaled. This is of concern for staff/carers handling the drug (Occupational Health & Safety Issues).



Hazardous Drugs - The medicine may be an occupational hazard to the person preparing the medicine. Some medicines are a hazard to pregnant women and people who are trying to conceive. Protective measures may be required if crushing or dispersing the tablet or opening the capsule.

how to prepare medicines for people with swallowing difficulties

Practice Points:

Always prepare one medicine at a time.
Use smaller volumes in fluid-restricted people and children.
If part doses of tablets are required, break scored tablets in halves or quarters.
Do not break unscored tablets.
Absorption of some medicines may be reduced when mixed with smooth foods such as yoghurt or apple puree, especially medicines with a narrow therapeutic range.
Prepare the medicines in the same way each time and use the same food.
Monitor for loss of efficacy and increased side effects.



Method A. Disperse the tablet

If there is NO aspiration risk:

Add the tablet to a medicine cup or oral dispenser.
Mix with 10 to 20 mL of water.
Allow the tablet to disperse. This may take several minutes. Shake or stir gently if required.
Give the solution immediately.
Rinse the medicine cup or oral dispenser with a further 10 mL of water to ensure the entire dose is given.
If there is an aspiration risk, refer to the crush the tablet method below.



Method B. Crush the tablet

If there is NO aspiration risk:

Crush the tablet with a mortar and pestle or a tablet crusher.
removed from the mortar or tablet crusher. Ensure the entire dose is removed.
Mix with yoghurt or apple puree. (please refer to the medicine monograph for information on foods that can be mixed with the crushed tablet)
Give the mixture immediately.



Method C. Disperse the contents of the capsule or sachet

Open the capsule or sachet and add the contents to a medicine cup.
Mix the contents of the capsule with yoghurt or apple puree. (See the medicine monograph for information on foods that can be mixed with the capsule contents).
Give the mixture immediately.
Consult a speech pathologist for the appropriate thickness.

Equipment for crushing solid dose forms should meet certain standards. It should be:

- Equipment that permits essentially complete and reproducible recovery of powdered material and
- Equipment which is used for more than one patient's medication should be able to be washed and dried after each use

For cytotoxic medications a dedicated set of equipment should be used for each patient.

[N.B. where a cytotoxic drug is crushed, the powdered medication should not come into contact with skin or be handled in a place or a fashion that allows it to be inhaled by staff or other patients. In practice this means that tablets need to be crushed using a mortar & pestle enclosed in a transparent plastic bag by an operator wearing mask and gloves. The powdered medication (whilst still contained within the bag) can then be transferred to a measure or other container which can be covered, prior to transfer and administration to the patient. Opened capsules can be handled in the same manner.]

how to prepare medicines for people with enteral feeding tubes

Practice Points:

Always refer to the relevant monograph when preparing a medicine.
Always prepare one medicine at a time.
Use smaller volumes in fluid-restricted people and children.
If part doses of tablets are required, break scored tablets in halves or quarters.
Do not break unscored tablets.



Method A. Disperse the tablet

Stop the enteral feed.
Flush the tube with 30 mL of water.
Remove the plunger and place the tablet into an oral dispenser.
Replace the plunger.
Draw 10 to 20 mL of water into the oral dispenser and allow the tablet to disperse. This may take several minutes. Shake gently if required.
Give the dispersed tablet immediately into the enteral feeding tube.
Rinse the oral dispenser with a further 10 mL of water and give this into the tube to ensure the entire dose is given.
If other medicines are given, flush the tube with at least 5 mL of water between each one.
After the final medicine is given, flush the tube with 30 mL of water.
Restart the feed when appropriate.



Method B. Crush the tablet

Stop the enteral feed.
Flush the tube with 30 mL of water.
Crush the tablet to a fine powder using a mortar and pestle or a tablet crusher.
Add 10 mL of water to the powder and mix well.
Draw the mixture into the oral dispenser. Ensure that all the medicine is removed from the mortar (use a further 10 mL of water to rinse the mortar if required).
Give the mixture immediately into the enteral feeding tube.
Rinse the oral dispenser with a further 10 mL of water and give this into the tube to ensure the entire dose is given.
If other medicines are given, flush the tube with at least 5 mL of water between each one.
After the final medicine is given, flush the tube with 30 mL of water.
Restart the feed when appropriate.



Method C. Disperse the contents of the capsule or sachet

Stop the enteral feed.
Flush the tube with 30 mL of water.
Open the capsule or sachet and add the contents to an oral dispenser.
Draw 10 to 20 mL of water into the oral dispenser and mix well.
Give the mixture immediately into the enteral feeding tube.
Rinse the oral dispenser with a further 10 mL of water and give this into the tube to ensure the entire dose is given.
If other medicines are given, flush the tube with at least 5 mL of water between each one.
After the final medicine is given, flush the tube with 30 mL water.
Restart the feed when appropriate.

abbreviations / signs commonly used by pharmacists

Abbreviations used in this chart:

NRG	No reason given by manufacturer in PI/CMI
FCT	Film Coated Tablet
IV	Intravenous
IM	Intramuscular
NG	Naso-gastric
NJ	Naso-jejunal
G	Percutaneous Endoscopic Gastrostomy
PEJ	Percutaneous Endoscopic Jejunostomy
Subcut	Subcutaneous

Common Abbreviations/Dose-Forms for Extended or Modified Release Products:

CD	controlled delivery	XL	extended release
CR	controlled-release	XR	extended release
PI	Product Information	PI	extended release
CRT	controlled-release tablet	Contin	controlled-release
EC	enteric-coated	Durule	sustained-release
EN	enteric-coated	Extend	modified-release
HBS	controlled release	Gradumet	controlled-release
LA	long-acting	Oros	controlled-release
MR	modified release	Slow, Span	sustained-release
SA	sustained action		
SR	sustained-release		



The tablet, contents of the capsule or granules must not be crushed.



The medicine is a cytotoxic drug. Strict handling precautions are required.

DO NOT CRUSH



analgesics

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Hydromorphone, c-r	Jurnista	Modified release.	Swallow whole: do not chew, divide or crush.	Use immediate release tablets or oral liquid: dose and frequency may need to be changed; IV.
Morphine Sulfate, s-r	Apotex-Morphine MR, Kapano a MS Contin, MS Mono, Momex SR	Sustained release tablets; Sustained release granules for suspension.	Swallow whole: do not chew, crush or dissolve.	Use immediate-release Morphine Sulphate Liquid (Ordine), tablets (Anamorph, Sevredol) or MSContin Suspension (granules should be suspended and swallowed without chewing or crushing) or open and sprinkle Kapanol or MS Mono as below; IV; subcut; IM.
Oxycodone, c-r	OxyContin	Controlled release tablets the tablets. Swallow whole.	Do not break, crush, chew or try to dissolve use suppositories or IV/subcut injections.	Use immediate release 5mg tablets, immediate release liquid or Dose & frequency may need to be changed.
Oxycodone/ Naloxone, c-r	Targin	Controlled release tablets.	Do not break, crush, chew or try to dissolve the tablets. Swallow whole.	
Paracetamol, c-r	Panadol Back & Neck Long Lasting, Panadol Osteo	Modified release.	Swallow whole, do not crush.	Use immediate-release paracetamol tablets or syrup or suppositories: dose & frequency may need to be changed.
Tapentadol, s-r	Palexia SR	Sustained release tablet.	Swallow Whole. Do not chew, divide or break.	Use Immediate release Tapentadol available in the 50mg strength only.
Tramadol, s-r	APO-Tramadol SR, Durotram XR, GA Tramadol SR, Lodam SR, Terry White Chemists Tramadol SR, Tramadol Sandoz SR, Tramadol SR Generichealth, Tramal SR, Tramedo SR, Zydol SR	Sustained-release.	Swallow whole: do not chew, crush or dissolve tablets.	Use immediate release capsules or oral drops: dose & frequency may need to be changed.

antibiotics

Amoxicillin & Clavulanic Acid	Augmentin Duo, Augmentin DuoForte, Augmentin, Ausclav, Clamoxyl, Clavulin	Antibiotics can be irritant and may cause sensitisation.	Wear a mask and gloves if crushing the tablets.	Use oral suspension. Tablets may be crushed and added to water for use in a PEG tube, but the resulting mix must be used IMMEDIATELY, as the clavulanic acid component is moisture sensitive. The oral suspension may be used in a PEG tube but must diluted with an equal quantity of water as the undiluted mixture tends to cake in the tube.
Cefaclor, s-r	Ceclor CD, Cefaclor-GA, Chemmart Cefaclor CD, Douglas Cefaclor-CD, GenRx Cefaclor CD, Karlor CD, Keflor CD, Ozcef, Terry White Chemists Cefaclor CD	Sustained release.	Swallow whole, do not cut, crush or chew tablets.	Use suspension: dose and frequency may need to be changed.
Clarithromycin	APO-Clarithromycin, Chemmart Clarithromycin, Clarac, Clarihexasal, Clarithro, GenRx Clarithromycin, Kalixocin, Klacid, Terry White Chemists Clarithromycin	May cause taste disturbances	Swallow whole.	Use suspension. Tablets may be crushed, but taste will need to be disguised if being given orally. Compliance may be compromised if the taste is not sufficiently masked.
Doxycycline Capsules, c-r	Doxylin, Chemmart, Doxsig, Doxyhexal, Doxy- 50, Vibramycin, Frakas, GenRx, Mayne-Pharma, Terry White	Irritant.	Very irritant to mucous membranes. Can cause oesophageal ulceration.	Allow the tablet to soften in 20 mL of water for 5 minutes, then crush the tablet. Do not open or crush the capsules.
Erythromycin Capsules, e-c	Eryc, Mayne Pharma Erythromycin	Enteric-coated granules.	Do not chew or crush granules, swallow whole.	Capsules may be opened and the granules sprinkled on soft food (ice cream) as long as the granules are not chewed; IM; IV.

DO NOT CRUSH



antibiotics

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Fusidate Sodium	Fucidin	Potential heartburn.	Do not chew, swallow whole.	
Lopinavir/ Ritonavir	Kaletra	Unpleasant taste.	Crushing the combination tablet reduces the absorption of lopinavir and ritonavir; dose increase and therapeutic drug monitoring is required.	Wear a mask and gloves if crushing the tablets; antibiotics can be irritant and may cause sensitisation. The bioavailability of the oral liquid is equivalent to 500 mg of the tablet.
Metronidazole	Metrogyl, Flagyl, Metronide	Unpleasant taste; May upset stomach.	Tablets should be swallowed whole, not chewed.	Use suspension (to be taken on an empty stomach); IV infusion.
Minocycline	Minomycin, Akamin	Irritant.	Potential oesophageal irritation.	Wear a mask and gloves if crushing the tablets or opening the capsules; antibiotics can be irritant and may cause sensitisation. Follow the crushed dose with a glass of water (thickened fluids) or milk and ensure the person remains upright for 1 hour.
Nitrofurantoin	Macrodantin	Irritant.	Wear a mask and gloved if opening the capsules; antibiotics can be irritant and may cause sensitisation.	Mix the contents of the capsule with a spoonful of yoghurt or apple puree. Give with food to avoid GI irritation.
Rifampicin	Rifadin, Rimycin	NRG.	Swallow whole, do not chew.	Rifamycins are dark red-brown and may stain equipment. Wear a mask and gloves if crushing the tablets or opening the capsules; antibiotics can be irritant and may cause sensitisation.
Ritonavir	Norvir	May cause taste disturbances and numbness or tingling of the mouth.	Swallow whole; do not chew, break or crush.	Ritonavir oral solution.
Roxithromycin	APO-Roxithromycin, Biaxig, Roxar, Roxide, Roximycin, Roxithromycin-GA, Roxithromycin-PS, Roxithromycin Sandoz, Rulide, Terry White Chemists Roxithromycin	NRG	Wear a mask and gloves if crushing the tablets; antibiotics can be irritant and may cause sensitisation.	Use Rulide D dispersible tablets.
Trimethoprim/ Sulfamethoxazole	Bactrim DS, Chemmart Trimethoprim with Sulfamethoxazole DS, Resprim, Resprim Forte, Septrin Forte	NRG	Wear a mask and gloves if crushing the tablets; antibiotics can be irritant and may cause sensitisation.	Tablets will disperse easily in water, but should be swirled and immediately swallowed as dispersed solids will settle.
Valganciclovir	Valcyte	Hazardous drug - Teratogenic and possible carcinogenic.	Do not break or crush.	Use powder for oral solution.

antidepressants

Desvenlafaxine, s-r	Pristiq	Extended Release tablets.	Swallow whole with fluid; do not divide, crush, chew or dissolve.	It is not suitable for people with swallowing difficulties.
Duloxetine, e-c	Andepra, Cymbalta	Capsules contain enteric-coated pellets (drug is acid-labile)	Do not break, open, or chew the capsule. It should be swallowed whole.	Do not crush the capsule or the enteric-coated pellets. The pellets must not be chewed. Open the capsule and disperse the pellets in apple juice. If the person cannot swallow thin, mix the contents of the capsule with a spoonful of apple puree.
Fluoxetine Capsules Fluoxetine, Zactin	Auscap Aspen, Chemmart Fluoxetine, Fluohexal, Fluoxetine Generichealth, Fluoxetine-GA, Fluoxetine-PS, Fluoxetine RBX, Fluoxetine Sandoz, GenRx Fluoxetine, Lovan, Pharmacor Fluoxetine, Prozac, Terry White Chemists	Capsule.	Swallow whole.	Tablet can be crushed or dispersed in water. Capsule should NOT be crushed, but can be opened and disperse the contents in 10-20ml of water or mixed with a spoonful of yoghurt or apple puree.

DO NOT CRUSH



antidepressants (cont.)

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Mirtazapine Tablets	APO-Mirtazapine, Aurozapine, Avanza, Axit, Chemmart Mirtazapine, GenRx Mirtazapine, Mirtazapine-DP, Mirtazapine GH, Mirtazapine Pfizer, Mirtazapine Sandoz, Mirtazon, Terry White Chemists Mirtazapine	Bitter taste.	Tablets should be swallowed without chewing.	Avanza dispersible tablets can be crushed but may have a bitter taste and may numb the mouth..
Venlafaxine, c-r	Altven, APO-Venlafaxine SR, Chemmart Venlafaxine XR, Efexor-X a Elaxine SR, Enlafax-R, XR, Stada Venlaxine SR, Terry White Chemists Venlafaxine SR, Venla RBX, Venlafaxine Generichealth XR	Extended release: rate-controlling coating	Do not crush the capsule or the contents of the capsule. the pellets from the capsule must be swallowed without chewing.	Capsule may be opened and contents sprinkled onto a spoonful of applesauce and swallowed without chewing.

antiepilepsy medications

Carbamazepine, s-r	Tegretol CR	Controlled release.	Do not crush.	Disperse the plain tablet in water. Tegretol and Sandoz tablets will disperse within 2 minutes but settle quickly. Controlled release tablets may be broken in half but not crushed.
Phenytoin Capsules	Dilantin	Hazardous drug, occupational exposure may be harmful	Do not crush. Wear a mask and gloves if opening the capsule or crushing the tablet. Do not open the capsule or crush the tablet if you are pregnant.	Use Oral Suspension or chewable tablets (dose may need adjustment: not bio-equivalent)
Topiramate	Topamax Tablets, Epiramate, Tamate	Hazardous drug. Do not crush or disperse tablets or open the capsule if you are pregnant.	Swallow whole, do not break tablets. If the tablets are crushed, the taste needs to be disguised and the crushed tablets must be used immediately to avoid using an unstable product.	Sprinkle the entire contents of Topamax Sprinkle Caps (15mg, 25mg, 50mg) on a small amount (teaspoon) of soft food. This drug/food mixture should be swallowed immediately and not chewed. Topamax Sprinkle caps are not suitable for PEG tubes as the spheres will swell on contact with fluid and become stuck in the PEG tube or the syringe.
Valproate Sodium, e-c	Epilim, Sodium Valproate Sandoz, Valprease, Valpro, Valproate Winthrop	Teratogen. Do not crush or disperse tablets if you are pregnant.	Only the 100mg tablet is crushable. Do not crush the 200mg and 500mg tablets as they are enterically coated.	Liquid formulation is available and safer for staff to administer than crushing tablets.
Vigabatrin	Sabril	Hazardous drug. Do not crush or disperse tablets if you are pregnant.	Swallow whole.	Disperse the tablet in 10–20 mL of water in an oral dispenser. If the person cannot swallow thin fluids, crush the tablet and mix with a spoonful of yoghurt or apple puree.

DO NOT CRUSH



antineoplastic and immunomodulating agents (cytotoxics)

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Anastrozole	Arimidex	Hazardous Drug.	Occupational exposure may be harmful. Do not disperse or crush the tablet if you are pregnant.	Wear a mask and gloves if crushing or dispersing the tablet is required.
Azathioprine	Azamun, Azapin, Azathioprine-PS, Azathioprine Sandoz, GenRx Azathioprine, Imuran, Thioprine	Cytotoxic.	Do not break, crush or chew the tablets. Swallow whole.	If crushing is necessary - Wear a mask, gloves and glasses and crush using a closed system. Disperse the tablet in water, in an oral dispenser The tablet will disperse within 5 minutes. Dispose of all equipment used as cytotoxic waste.
Busulfan	Myleran	Cytotoxic.	Do not break, crush or chew the tablets. Swallow whole.	Crushing NOT recommended unless approved by health authorities. Wear a mask, gloves and glasses and crush using a closed system. Disperse the tablet in water, in an oral dispenser. The tablet will disperse within 12 minutes. Dispose of all equipment used as cytotoxic waste.
Capecitabine	Xeloda	Cytotoxic.	Do not chew tablets, swallow whole with water.	Crushing NOT recommended unless approved by health authorities. Wear a mask, gloves and glasses and crush using a closed system. Disperse the tablet in water, in an oral dispenser. The tablet will disperse within 15 minutes. Dispose of all equipment used as cytotoxic waste.
Chlorambucil	Leukeran	Cytotoxic.	Do not break, crush or chew the tablets. Swallow whole.	Not suitable for people with swallowing difficulties.
Cyclophosphamide	Cycloblastin	Cytotoxic.	Swallow whole.	Cyclophosphamide IV injection may be a suitable alternative for some people with swallowing difficulties.
Cyclosporin Capsules	Cyclosporin Sandoz, Neoral, Sandimmun	Hazardous Drug. Undisguisable taste.	Crushing may lead to harmful occupational exposure. Wear gloves when giving the oral liquid.	It is not suitable for people with swallowing difficulties requiring thickened fluids.
Dasatinib	Sprycel	Biohazardous drug and Teratogenic. Occupational exposure may be harmful.	Wear a mask and gloves if dispersing the tablet. Do not disperse the tablet if you are pregnant.	Disperse the tablet in 30 mL of chilled, preservative-free orange juice or apple juice. Swirl or shake the solution gently for a few seconds every 5 minutes, it will take up to 20 minutes to disperse. Rinse the glass with 15 mL of juice to ensure full dose is given.
Etoposide	Vepesid	Cytotoxic.	Do not chew tablets, swallow whole with water.	IV
Everolimus	Afinitor, Certican	Hazardous Drug.	Occupational exposure during crushing the tablets may be harmful.	Tablets may be dispersed. allow to disperse 2 mins, swirl gently and swallow, rinse vehicle with 25mL water. Wear a mask and gloves if crushing or dispersing the tablet is required.
Hydroxyurea	Hydrea	Cytotoxic.	Do not break or chew, swallow whole.	Do not open or crush the capsule. opening or crushing the capsule may cause harm to the person taking the medicine.
Idarubicin	Zavedos	Cytotoxic.	Swallow whole with a little water. Do not suck, bite or chew tablets.	Do not open or crush the capsule. opening or crushing the capsule may cause harm to the person taking the medicine.
Leflunomide	APO-Leflunomide, Arabloc, Arava, Leflunomide-	Hazardous Drug.	Occupational exposure may be harmful. Wear a mask and gloves if dispersing the tablet. Do not disperse the tablet if you are pregnant.	May cause dry mouth, mouth ulcers and taste disturbances to patient. The tablet can disperse in 10-20mL of water in 2 to 7 minutes, but cannot be crushed.
Lenalidomide	Revlimid	Teratogenic capsules.	Swallow whole: do not break or chew.	MUST Wear a mask and gloves. Disperse the whole unopened capsule in 20 mL of hot water at 55 °C in an oral dispenser. Shake gently, it takes up to 10 minutes for the capsule and the contents to disperse. Allow the solution to cool before giving the dose. Use an oral dispenser and dispose of all equipment used as cytotoxic waste.

DO NOT CRUSH

antineoplastic and immunomodulating agents (cytotoxics) (cont.)

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Melphalan	Alkeran	Cytotoxic.	Swallow whole.	Not suitable for dispersing or compounding into a suspension because it degrades rapidly in solution. IV infusion available as an alternative.
Mercaptopurine	Puri-Nethol and Allmercap syrup.	Cytotoxic.	Do not break, crush or chew the tablets. Swallow whole.	Wear a mask and gloves when administering the Syrup. Dispose of all equipment used as cytotoxic waste. Measure the dose using the oral dispenser provided. Check the thickness of the liquid as it may not be suitable for some people with swallowing difficulties.
Methotrexate	DBL Methotrexate, Methoblastin	Cytotoxic.	Do not break, crush or chew the tablets. Swallow whole. Do not disperse the tablet if you are pregnant.	Do not break or crush the tablet. Disperse the tablet in 10–20 mL of water in an oral dispenser. Dispose of all equipment used as Cytotoxic waste.
Mycophenolate	CellCept, Ceptolate, Imulate; Myfortic Gastroresistant	Hazardous drug. Skin contact or inhalation of powder may have teratogenic effects	Do not crush tablets, do not open or crush capsules.	IV infusion.
Pazopanib	Votrient	Hazardous drug / Teratogenic.	Occupational exposure may be harmful. Do not disperse the tablet if you are pregnant.	Not suitable for people with swallowing difficulties.
Procarbazine	Natulan	Cytotoxic.	Do not break or chew, swallow whole.	Do not open or crush the capsule. opening or crushing the capsule may cause harm to the person taking the medicine.
Tamoxifen	Genox, GenRx Tamoxifen, Nolvadex, Nolvadex-D, Tamosin, Tamoxen, Tamoxifen Sandoz, Terry White Chemists Tamoxifen	Hazardous drug.	The tablet is film coated for photoprotection. Occupational exposure may be harmful. Wear a mask and gloves if crushing or dispersing the tablet.	Tablets can be dispersed in water or crushed and mixed with puree or jam. Closed tablet crusher is recommended. Do not crush or disperse the tablet if you are pregnant.
Temozolomide	Astromide, Orion Temozolomide, Temizole, Temodal	Cytotoxic.	Do not open or chew, swallow whole. If a capsule becomes damaged, avoid contact of the powder contents with skin or mucous membrane..	Do not open or crush the capsule. opening or crushing the capsule. may cause harm to the person taking the medicine.
Tenofovir/ Emtricitabine	Truvada	Alteration in bioavailability.	Crushing or dispersing antiretroviral medicines may affect bioavailability. More frequent monitoring of viral load is required.	Contact GP and maintain close monitoring of Viral load.
Tenofovir/ Emtricitabine/	Atripla	Alteration in bioavailability.	Crushing or dispersing antiretroviral medicines may affect bioavailability. More frequent monitoring of viral load is required.	Contact GP and maintain close monitoring of Viral load.
Thioguanine	Lanvis	Cytotoxic, Potential Teratogen.	Do not divide, crush or chew tablets.	Only proceed if local guidelines permit and strict safe handling practices can be followed. Wear a mask, gloves and glasses. Use a closed system. Dispose of all equipment used as cytotoxic waste. Disperse the tablet in 5 mL of water in an oral dispenser. The tablet will disperse in 8 to 12 minutes.

DO NOT CRUSH



antiparkinson medications

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Levodopa/ Benserazide, c-r	Madopar HBS	Controlled release.	Swallow whole.	Use Madopar Rapid 62.5 or 125 which can be dispersed in 25-50ml water, stirred and drunk within 30 minutes. Dose and frequency may need to be changed.
Levodopa/ Carbidopa, c-r	Sinemet CR	Slow Release.	Swallow whole or as half tablets, do not crush or chew.	Use immediate release tablet. Dose and frequency may need to be changed.
Levodopa/ Carbidopa/ Entacapone	Stalevo	NRG.	Swallow whole.	Stalevo does not disperse easily and is hard to crush. Contact the prescriber to switch to separate forms of levodopa and entacapone

cardiovascular medications

Alfuzosin, s-r	Xatral SR	Prolonged-release.	Do not divide, crush or chew the tablets.	It is not suitable for people with swallowing difficulties.
Aspirin	Cartia	Enteric coated.	Swallow whole: do not crush, chew or break.	Use soluble aspirin or Cardiprin.
Aspirin	Astrix 100	Capsules containing enteric - coated pellets.	Pellets should not be crushed or chewed. Can use soluble aspirin or Cardiprin.	Capsules may be opened, but pellets should not be crushed or.
Dabigatran	Pradaxa	Pellet-filled capsules.	Swallow whole: do not chew, break or open capsule. Not suitable for people with swallowing difficulties.	Opening capsules and sprinkling pellets onto food or into beverages increases bleeding risk by 75%.
Diltiazem, s-r	CardizemCD, ChemmartCD, DiltehexalCD, VasocardolCD, DilzemCD, GenRx, TerryWhiteCD,	Extended release (capsules filled with sustained-release pellets).	Do not chew, swallow whole.	Use immediate release tablet. Dose and frequency may need to be changed. Capsules may be opened and contents added to soft food or liquid as long as pellets are not crushed or chewed 12.
Dipyridamole, s-r	Persantin SR	Sustained release.	Capsules should be swallowed whole without chewing.	Do not crush or chew the capsule or the pellets. Open the capsule and mix the pellets with a small amount of liquid or a spoonful of yoghurt or apple puree.
Dipyridamole, s-r/ Aspirin	Asasantin SR	Sustained release.	Capsules should be swallowed whole without chewing.	Use 100mg dipyridamole tablets. Dose and frequency may need to be changed. Give aspirin separately. See entry for Dipyrimadole.
Disopyramide	Rythmodan	Oral irritant.	May cause dry mouth, taste disturbances and chronic mouth ulcers.	In urgent cases, capsule can be opened and contents dispersed in 10–20 mL of water. If the person cannot swallow thin fluids, mix the contents of the capsule with a spoonful of yoghurt or apple puree. Rinse the mouth well as the powder from the capsule can cause mouth ulcers.
Eprosartan/ Hydrochlorothiazide	Teveten, Teveten Plus	Teratogenic drug.	Do not crush or disperse tablets if you are pregnant.	Crush the tablet and mix with water. Tevetan 600 mg and Tevetan Plus do not disperse easily and are very hard to crush. Ensure the tablet is crushed finely.
Felodipine, s-r/ Ramipril	Felodil XR, Felodur ER, Fendex ER, Plendil ER	Sustained release, modified release.	Do not chew tablets, swallow whole with water.	Use another calcium channel blocker.

DO NOT CRUSH



cardiovascular medications

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Fluvastatin	Lescol XL, Vastin	Prolonged-release tablet.	Swallow whole, do not crush or chew.	Use a lower strength capsule.
Glyceryl Trinitrate, Sublingual	Anginine, Lycinat	Sub-lingual tablet.	Do not swallow, chew or crush tablets.	Use glyceryl trinitrate sub-lingual spray
Indapamide	Chemmart Indapamide, Dapa-Tabs, GenRx Indapamide, Indapamide Sandoz, Indapamide-GA, Natrilix, Terry White Chemists Indapamide	Sustained release.	Do not crush, break or chew: Swallow whole.	Use Indapamide immediate release tablets: the dose & frequency may need to be changed.
Isosorbide Dinitrate, Sublingual	Isordil	Sub-lingual tablet.	Do not chew or swallow.	Use glyceryl trinitrate sub-lingual spray.
Metoprolol	Toprol-XL	Controlled release tablets.	Tablets should be swallowed with liquid. Tablets should not be chewed or crushed, but may be broken in half. Tablets should not be dispersed or dissolved.	Use immediate-release metoprolol tablets to achieve the same total daily dose in divided doses; IV (adjust dose & frequency).
Nifedipine	Adalat, Adefin, Nifehexal, Nyefax	Highly light sensitive.	Do not use broken tabs.	Immediate release tablets may be crushed, but are highly light sensitive and should be used without delay after crushing.
Nifedipine, c-r	Adalat Oros, Addos XR, Adefin XL, APO-Nifedipine XR	Controlled release.	Swallow whole: do not break or chew tablets.	Immediate release tablets may be crushed, but are highly light sensitive and should be used without delay after crushing. Dose & frequency may need to be changed.
Nimodipine	Nimotop	FCT; Highly light sensitive.	Swallow whole.	
Prasugrel	Effient	Bitter taste.	Swallow whole.	Manufacturer states tablet may be crushed, mixed with food or liquid if administered without delay by mouth or gastric tube 12
Verapamil	Isoptin SR, Cordilox SR, Veracaps SR	Sustained release.	Tablets may be broken in half, but the halves must be swallowed whole.	Immediate release tablets may be crushed. Dose and frequency may need to be changed. Veracaps SR may be opened and the contents sprinkled on cold apple sauce and swallowed immediately.

electrolytes

Potassium Chloride, s-r	Duro-K, Slow-K, Span-K	Sustained-release; Irritant drug	Do not crush, chew or suck tablets, swallow whole. Potassium chloride is irritating to mucous membranes and can cause oesophageal and intestinal ulceration.	Use Chlorvescent Effervescent tablets; IV: dose & frequency may need to be changed.
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DO NOT CRUSH



endocrinology

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Alendronate/ Alendronate with Cholecalciferol	Once Weekly, Alendro /Fosamax Plus, DronalenPlus/D Cal	Potential oesophageal ulceration.	Do not chew or suck tablet, swallow whole.	It is not suitable for people with swallowing difficulties.
Clodronate Sodium	Bonefos	Possible oesophageal or gastric irritation.	Swallow whole with a full glass of water, (not milk or any liquid containing calcium). Do not chew capsules/tablets.	The Bonefos 800mg tablet may be broken in half to make swallowing easier but the halves have to be taken at the same time.
Gliclazide	Diamicon MR, Apo, Chemmart, Glyade MR, Oziclide MR	Modified release.	Swallow whole, do not crush or break the tablets.	Use gliclazide immediate release tablets: the dose & frequency may need to be changed.
Ibandronate	Bondronat	Potential oesophageal ulceration.	Swallow whole, do not suck or chew tablet.	Not recommended for people with swallowing difficulties; may cause severe oesophagitis.
Metformin, s-r	Diabex XR, Diaformin XR, Metex XR	Extended release tablets.	Swallow whole: do not break , crush or chew tablets.	Use immediate release metformin.
Risedronate, e-c	Actonel, Actonel-Combi, Actonel-Combi D, Risedro	Irritant.	Not to be chewed or sucked: potential oesophageal irritation.	Whole tablets may be dispersed in 70ml water, stirred & administered (orally or via NG tube) after 2 mins; rinse cup with 125ml water & administer this also. Follow precautions for remaining upright after dose.
Saxagliptin+MetforminXR	Kombiglyze XR	Modified release tablets.	Swallow whole, do not crush, chew, cut.	Use separate products: Immediate release tablets may be crushed. Frequency may need to be changed.

gastrointestinal

Balsalazide	Colazide	Content of the capsule may stain skin, teeth and tongue.	Wear gloves when opening the capsule and contents of the capsule cannot be crushed. Rinse mouth properly after use.	Mesalazine enema, foam enema or suppository may be a suitable alternative for some people
Bisacodyl, e-c	Bisalax, Dulcolax, Lax-tab	Enteric coated; Irritant.	Do not crush or chew: Swallow whole. Efficacy may be impaired if crushed.	Use suppositories or micro-enemas.
Budesonide	Entocort Capsule Cortiment Tablet	Micronised granules inside capsules. Tablet is also Enterically coated.	Do not crush or chew the capsules. Designed to release in the ileum and colon. Do not crush or break the tablet (i.e. Cortiment)	Tablet is not suitable for people with swallowing difficulties capsule can be opened and granules dispersed in water or apple or orange juice.If the person cannot swallow thin fluids, use appropriately thickened water. Do not crush or chew the granules. Do not mix with yoghurt or pureed food.
Esomeprazole, e-c	Nexium, Nexium Granules	Film coated tablets containing multiple pellet .	Do not crush or chew the tablets or granules. Swallow whole. (unstable in gastric acid). system of enteric coated granules containing enteric- coated pellets.	10mg granules for suspension available; Can be dispersed in 1/2 glass water or non- carbonated fruit juice: stir until tablet disintegrates, drink liquid with pellets within 30 mins. Rinse the glass with 1/2 glass of fluid;
Lansoprazole, e-c	Zoton FasTabs	Oro-dispersible tablet.	Swallow the tablet whole with a glass of water. Do not crush or chew.	Oro-dispersible tablet may be gently sucked, then the granules swallowed with the saliva.
Mesalazine, e-c	Mesasal, Mezavent, Salofalk	Enteric coated.	Do not crush or chew. Swallow the granules without chewing with sufficient liquid. Do not crush the granules. The coating of the granules causes them to "gel up" in water, so this results in an unsatisfactory preparation.	The granules may be added to a small amount of soft food such as a spoonful of yoghurt, as long as this is swallowed without chewing.

DO NOT CRUSH



gastrointestinal

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Mesalazine, c-r	Pentasa	Prolonged-release tablets, prolonged-release granules.	The contents of the sachet should be emptied onto the tongue and washed down with some water or juice.	Use non EC sulphasalazine; mesalazine enemas; mesalazine suppositories; The tablets may be dispersed in 50 mL of cold water. Stir and drink immediately. Do not crush or chew the tablets or granules.
Omeprazole, e-c	Losec, Acimax, Meprazol, Omepral, Ozmepr, Terry White, GA, APO, GenRx, Chemmart	FCT containing multiple pellet system of enteric coated granules.	Pellets must not be chewed or crushed (unstable in gastric acid).	Losec, Acimax, Omepral can be dispersed in 1/2 glass water or non-carbonated fruit juice: stir until tablet disintegrates, drink liquid with pellets within 30 mins. Rinse glass with 1/2 glass of fluid.
Omeprazole	Probitor, Pemzo	Capsules containing enteric coated pellets.	The capsules should be swallowed whole.	Capsules can be opened & pellets taken with yoghurt or fruit juice (pellets must not be crushed/chewed). Pellets can be administered via NG tubes (pellets 1-1.6mm diameter).
Pantoprazole, e-c	Gastenz, Ozpan, Panthron, Panto, Pantoloc, Somac, Salpraz, Sozol, Suvacid, Torzole	Enteric-coated tablets.	Do not crush or chew: Swallow whole. (Unstable in gastric acid).	Use pantoprazole granules (sprinkle in small volume (greater than or equal to 15 mL) of water, juice (apple, orange), swallow immediately; do not chew, crush; may admin by nasogastric tube.); or pantoprazole IV; See note on enteric coated formulations p4 Info pages.
Rabeprazole, e-c	Pariet	Enteric-coated tablet (drug unstable in gastric acid).	Do not crush or chew: Swallow whole.	It is not suitable for people with swallowing difficulties
Sulfasalazine, e-c	Pyralin EN, Salazopyrin EN	Enteric-coated.	Do not crush, break or chew: Swallow whole.	Use non-enteric coated sulphasalazine; mesalazine suppositories; mesalazine enemas; mesalazine layered granules (as above).

iron products

Ferrous Sulfate, c-r	Ferro-Gradumet			Ferrous Sulfate Elixir may be used.
Ferrous Sulfate Combination	Fefol, Ferro-F-tab, Ferrograd-C	Modified release tablet.	Do not crush or chew the tablets. Swallow whole. Ferrous sulphate is most irritating in concentrated form and can cause intestinal ulceration, bleeding, nausea and vomiting.	Ferrous Sulfate Elixir may be used, Administer ascorbic acid separately.
Ferrous Sulphate with folic acid	FGF	Modified release formulation.	Do not crush or chew the tablets. Swallow whole. Ferrous sulphate is most irritating in concentrated form and can cause intestinal ulceration, bleeding, nausea and vomiting.	Ferrous Sulfate Elixir may be used.

DO NOT CRUSH



nonsteroidal anti- inflammatory agents (nsaids)

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Diclofenac, e-c	Fenac, Voltaren, Diclofenac-BC, Dinac	Enteric coated. Very irritant to mucous membranes.	Do not crush, break or chew: Swallow whole. Can cause oesophageal ulceration, especially if crushed tablets are not completely swallowed.	Use suppositories or topical gel. Or chart a different (crushable) NSAID.
Ibuprofen	Advil, Brufen, Bugesic, Nurofen, ProVen, Rafen, Tri-profen	Sugar coated tablet (taste).	Swallow whole.	Use syrup or suspension or topical gel; Nurofen Meltlets may be suitable: place meltlet on the tongue, allow it to melt and then swallow.
Ketoprofen, s-r	Orudis SR Capsules, Oruvail SR Capsules	Sustained Release. Irritant drug.	Swallow whole, do not open or chew.	Capsules may be opened, but sustained release pellets must not be crushed. Use ketoprofen suppositories or topical gel. Or administer a different (crushable) NSAID.
Naproxen, s-r	Naprosyn SR, Proxen SR	Sustained Release. Irritant drug.	Swallow whole, do not break, crush or chew.	Naproxen immediate release tablets may be crushed. Dose & frequency may need to be changed. Suspension or suppositories may be used.
Piroxicam Capsules	Feldene, Mobilis	Capsule: opening likely to cause gastric irritation.	Swallow whole.	Use dispersible tablets or topical gel.

pancreatic supplements

Pancreatic Extract	Creon Micro, Creon 10000, Creon 25,000, Creon 40,000, Panzytrat 25000	Enteric-coated Minimicrospheres.	Do not crush or chew the capsules or minimicrospheres.	The capsules may be carefully opened and the enteric-coated minimicrospheres taken with liquid during the intake of food, or shaken onto soft food that does not require chewing, and swallowed immediately. Food having pH of more than 5.5 can dissolve the protective enteric- coating of the minimicrospheres. See note on enteric coated formulations p4 Info pages.
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psychotropic medications

Asenapine	Saphris	Sublingual wafer.	Do not crush; do not chew or swallow wafer.	
Lithium Carbonate	Quilonum SR	Sustained release.	Do not break, crush, chew or try to dissolve the tablets. Swallow whole with cold water and preferably with food.	Use Lithicarb: dose & frequency may need to be changed.
Olanzapine	Lanzek, Olanzapine RDX, Olanzapine Sandoz, Zylap, Zypine, Zyprexa, Zyprexa Zydi b	Coated tablets (to prevent discolouration [and ingredient during storage]).	Swallow whole. (Can be crushed if necessary but may cause irritation to eyes/skin therefore, avoid contact).	Losec, Acimax, Omepral can be dispersed in 1/2 glass water or non-carbonated fruit juice: stir until tablet disintegrates, drink liquid with pellets within 30 mins. Rinse glass with 1/2 glass of fluid. Dispersed product may be put down a tube > FG8; or use another PPT; or IV. No other brands are dispersible.
Paliperidone, s-r	Invega Prolonged Release	Prolonged-release.	Swallow tablets whole: do not break, crush or chew.	Use immediate-release risperidone or "Quicklets": dose adjustment required.

DO NOT CRUSH



psychotropic medications (cont.)

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Quetiapine	Seroquel XR	Extended-release FCT.	Swallow whole: do not split, chew or crush.	Use immediate-release formulation.
Risperidone Wafers	Risperdal Quicklet	Sublingual wafer.	Do not crush; do not chew or swallow wafer.	
Trifluoperazine	Stelazine	Very irritant to mucous membranes. Can cause oesophageal ulceration, especially if crushed tablets are not completely swallowed.	Do not chew the tablets. Swallow whole.	Use liquid.

respiratory

Theophylline, s-r	Nuelin SR	Sustained release.	Do not crush or chew: Swallow whole. Tablets may be broken in half, but the halves must be swallowed whole.	Immediate release tablets may be crushed. Theophylline Syrup may be used: dose & frequency may need to be changed.
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miscellaneous

Acamprosate, e-c	Campral	Enteric coated.	Do not crush or chew: Swallow whole.	Not suitable for people with swallowing difficulties
Atomoxetine	Strattera	Ocular irritant.	Swallow whole Do not crush, chew or break open.	Wear gloves and glasses. Open the capsule and disperse the contents in 10–20 mL of water. The contents of the capsule will disperse within 1 minute to form an even suspension. ³ If the person cannot swallow thin fluids, open the capsule and mix the contents with a spoonful of yoghurt or apple puree.
Alfuzosin, s-r	Xatral SR	Prolonged-release.	Do not divide, crush or chew the tablets.	
Amphotericin Lozenges	Fungilin	Lozenge: designed to dissolve slowly in oral fluids and act in mouth/throat.	MAY BE SUCKED. Do not chew. Do NOT swallow whole.	Use nystatin oral solution or miconazole oral gel (care with patients on warfarin).
Bupropion, s-r	Prexaton, Zyban SR	Sustained release.	Swallow tablets whole. Do not chew, divide, or crush tablets.	It is not suitable for people with swallowing difficulties.
Drifenacin, s-r	Enablex PR	Prolonged release tablet.	Swallow whole: do not chew, divide or crush.	It is not suitable for people with swallowing difficulties
Dutasteride/ Tamsulosin, c-r	Avodart/Duodart	Teratogen, Hazardous drug. Do not open the drug if you are pregnant.	Wear gloves when handling the intact capsule if Dutasteride is absorbed through the skin.	It is not suitable for people with swallowing difficulties. The contents of the capsule are irritant to the mouth and throat.
Eletriptan	Relpax		Accidental contact with the eyes or inhalation of the powder can cause severe damage.	Do not crush the tablet. Disperse the tablet in water for 5 minutes if necessary.
Galantamine, s-r	APO-Galantamine MR, Galantyl, Galantyl XR, Reminyl	Hazardous drug.	Pellets should not be crushed or chewed.	Pellets may be sprinkled on yoghurt or apple sauce: use within 10 minutes. Administration via feeding tube has not been evaluated.

DO NOT CRUSH

miscellaneous

DRUG	BRAND	REASON	COMMENT	ALTERNATIVE/S WHERE KNOWN AVAILABLE
Gefitinib	Iressa	Hazardous drug.	Do not crush. Occupational exposure may be harmful. Wear a mask and gloves if dispersing the tablet.	Can be dispersed in half a glass of drinking water (non-carbonated). No other liquids should be used. Drop tablet in water, without crushing, stir until tablet is dispersed (approx 10 mins) and drink liquid immediately. Rinse glass with half a glass of water and drink.
Isotretinoin	APO-Isotretinoin, GenRx Isotretinoin, Oratane, Roaccutane, Rocta	Hazardous Drug, Teratogenic.	Swallow whole. Do not handle damaged capsules if you are pregnant.	Occupational exposure maybe harmful. Drug is teratogenic, inhaling dust may affect pregnant women. Do not crush the capsule. Wear a mask and gloves. Place the capsule in a 50 mL oral dispenser and add warm water or warm milk (37 °C) to cover the capsule. Wait 2 to 3 minutes until the capsule is soft, and then drink the milk or water with the softened capsule.
Methylphenidate, s-r	Concerta, Ritalin LA	Long acting capsules.	Do not break or crush the extended-release tablet the capsule.	
Mirabegron	Betmiga	Prolonged-release FCT.	Swallow whole, do not crush, chew or divide.	It is not suitable for people with swallowing difficulties.
Naratriptan	Naramig	Bitter taste.	Do not crush or chew: Swallow whole.	If the person cannot swallow tablet, crush the tablet and mix with a spoonful of yoghurt or apple puree.
Neotigason	Neotigason, Novatin	Hazardous drug / Teratogen.	Do not open the capsule if you are pregnant.	Wear a mask and gloves. An oral dispenser is recommended. If there are no other options, open the capsule and disperse the contents in water. If the person cannot swallow thin fluids, mix the contents of the capsule with a spoonful of yoghurt or apple puree.
Osetamivir	Tamiflu	Capsule.	Do not break or chew, swallow whole.	Use Oral Suspension
Phentermine, c-r	Duromine, Metermine	NRG.	Do not chew or open capsules, swallow whole.	
Pramipexole, s-r	Sifrol ER	Extended-release tablet.	Do not break , crush or chew.	Use immediate release formulation.
Pyridostigmine, s-r	Mestinon Timespan	Sustained release.	Swallow whole.	Use 10mg or 60mg tablets: dose and frequency may need to be changed.
Quinine Bisulfate	Quinate/Quinbisul	Bitter taste.	Do not chew, swallow whole	Will need to mask taste if crushed: mix with jam, yoghurt or fruit puree. Compliance may be compromised if the taste is not sufficiently masked.
Sevelamer	Renagel	FCT Swells on contact with moisture.	Swallow whole: do not chew tablet.	
Sirolimus	Rapamune	Coated tablet.	Swallow whole, do not break or crush.	Use oral solution (suitable for NG tube); dose may need to be changed.
Solifenacin succinate	Vesicare	Harzardous drug.	Contact with the eyes causes severe and irreversible eye damage. Swallow whole, do not crush.	If there are no other options, WEAR GLASSES, crush the tablet and mix with water. If the person cannot swallow thin fluids, cruch the tablet and mix with a spoonful of yoghurt or apple puree.
Sumatriptan Succinate	Imigran, Imigran FDT, Sumagran, Sumatab, Suvalan	Bitter taste.	Do not crush or chew the tablets.	Use nasal spray; subcut.
Tamsulosin, s-r	Flomaxtra	Prolonged Release Tablet.	Swallow whole, do not crush, bite or chew tablets	It is not suitable for people with swallowing difficulties.
Zolpidem, c-r	Stilnox CR	Controlled release.	Swallow whole: do not crush, chew or divide tablets.	Use immediate-release tablets: dose & frequency may need to be changed.



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