

# Learning How to Swallow Pills

- [Gather Supplies](#)
- [Start Practicing](#)
- [Continue Practicing](#)
- [Swallow Your Actual Medication](#)
- [Other Ways to Help Make Swallowing Pills \(Tablets or Capsules\) Easier](#)

Make An Appointment

[651-290-8707](#)

Refer a Patient

[651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).