



# Expert in my pocket

## SUBLINGUAL MEDICATION

### Sublingual medication



#### 1 Preparing for the procedure

- Perform hand hygiene.
- Introduce self to patient and obtain verbal consent.
- Check order is valid (patient's full name, time, date, drug name, dose strength, route of administration, frequency and prescribers signature).
- Check correct medication, strength and expiry date.
- Calculate dose and check mathematical calculation, medication order and medication with another clinician prior to administration.
- Place medication into medicine cup using non-touch technique.



#### 2 Performing the procedure

- Check for history of allergies.
- Confirm patient identity by asking them to state 3 identifiers and ensure this correlates with medication chart.
- Give medication to patient and instruct to place under tongue and allow to dissolve – do not chew or swallow.
- Evaluate effect of medication and assess for adverse reaction to medication at appropriate interval after administration.



#### 3 Documentation

- Document time, date, route of administration and clinician signature.

#### Background

Sublingual medications are often prescribed to be administered on a "PRN" / "as required" basis. Ensure correct clinical indication by carefully assessing the patient and checking medication administration orders. Double check with second clinician if indicated by facility policy.

#### Equipment required

- Hand sanitiser
- Medication
- Medication cup

#### References

Smith S, Duell D, Martin B. Clinical Nursing Skills: Basic to Advanced Skills. 8<sup>th</sup> ed. New Jersey: Pearson Education 2012.

Tollefson J. Clinical Psychomotor Skills: Assessment Tools for Nursing Students. 5<sup>th</sup> ed. Melbourne: Cengage Learning Australia; 2012.

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