

A close-up, warm-toned photograph of a person's mouth, showing a wide smile with bright white teeth. The person's hair is dark and slightly messy, framing the right side of the face. The background is dark and out of focus.

How To: Oral Syringe

How to Administer with an Oral Syringe

PATIENT GUIDE

This guide covers how to read the oral syringe, and how to administer the sublingual dose step by step.

Reading Your Oral Syringe

Medications administered sublingually often use an oral syringe and are measured in milliliters. Reading the markings correctly is essential to taking the right dose.



- Find the total capacity printed on your syringe (example: 1-mL syringe)
- Each small line on the barrel represents 0.01mL; each larger, numbered line represents 0.1mL
- Sometimes units are used with oral syringes where 100 units equals 1mL, 10 units equals 0.1mL, and 1 unit equals 0.01mL
- Pull the plunger back until the top edge of the plunger lines up exactly with the milliliter mark for your prescribed dose
- Hold the syringe at eye level when reading the markings to avoid a skewed view of the plunger



EXAMPLE: 0.15mL
0.15mL = 15 units

How to Administer with an Oral Syringe

Preparing for Administration

- Wash your hands thoroughly with soap and water
- Gather your syringe and medication vial

Giving the Oral Dose

- Sit or stand comfortably and tilt your head back slightly
- Place the tip of the syringe under your tongue
- Slowly depress the plunger to release the medication under your tongue
- Slowly withdraw the oral syringe from your mouth and hold the medication under your tongue for the amount of time specified — do not swallow right away.
- Once the hold time has passed, swallow as usual

After Oral Dose

- Rinse the oral syringe with warm water and let it air dry completely before storing it for reuse

- Avoid eating, drinking, or rinsing your mouth for about 10 minutes after

Tips for a More Effective Oral Dose

- Try to hold the medication under your tongue for the full time specified — swallowing too early can reduce how well it absorbs
- Avoid talking while the medication is under your tongue

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

