PILL-5 | Assessment Tool

The PILL-5 is a validated questionnaire to determine the level of difficulty swallowing pills.
Please follow the **3 steps** below.

Name:

Date:

1. Please review the questions below and **circle** the response that indicates how frequently you experience these symptoms.

PILL-5 | Pill Swallowing Questionnaire (please circle your response)	Never	Almost Never	Sometimes	Almost Always	Always
1 Pills stick in my throat	0	1	2	3	4
2 Pills stick in my chest	0	1	2	3	4
3 I have a fear of swallowing pills	0	1	2	3	4
4 My problem swallowing pills interferes with my ability to take my medicine	0	1	2	3	4
5 I can't take my pills without crushing, coating, or using other forms of assistance	0	1	2	3	4

2. Add your scores from all 5 questions and enter the total PILL-5 score in this box /20

3. Interpretation of Score

PILL-5 Score	Interpretation
0 to 5	Your score is within the normal range. If you still have concerns about swallowing pills, speak with your doctor or pharmacist.
6 to 11	Suggests pill swallowing is abnormal. Patients should discuss their results with their doctor. Alternative ways to take medication may be required that is easier to swallow.
>11	Suggests moderate to severe pill dysphagia. Patients should discuss their results with their doctor. An altered formulation of medication may be required that is easier to swallow.

This assessment tool was developed by: Nativ-Zeltzer N, Bayoumi A, Mandin VP, Kaufman M, Seeni I, Kuhn MA and Belafsky PC (2019) Validation of the PILL-5: A 5-Item Patient Reported Outcome Measure for Pill Dysphagia. Front. Surg. 6:43. doi: 10.3389/fsurg.2019.00043.

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