

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Mouth sores (stomatitis) and dry mouth are common side effects of chemotherapy and radiation therapy. Using the tips on this handout may help you feel better.

Remedies That Help

- Rinse with 1/2 teaspoon baking soda in a glass of water. This helps keep your mouth free of germs.
- Use products that coat and protect the mouth and throat. Or use medications that coat and soothe mouth sores themselves
- Numb your mouth and throat with special sprays or lozenges to make eating easier.

Prevent Mouth Sores

- Buy a special type of soft toothbrush, mild toothpaste, and mouthwash without alcohol.
- Gently brush your teeth and gums.
- Have your dentist treat any dental problems before therapy begins.

Moisten a Dry Mouth

- Drink plenty of water. Take frequent sips, or keep a spray bottle.
- Suck on sugar-free candy and lozenges. Chew gum.
- Use products that moisten the mouth if your doctor prescribes them.
- Apply lip balm to help prevent dry lips.
- Avoid mouthwash that contains alcohol.

Choose Foods Less Likely to Irritate: Try foods that are:

- Soft and go down smoothly, such as a milkshake or food puréed with a blender
- Served cold or at room temperature
- Cooked until tender and cut into small pieces

Call Your Nurse or Doctor If:

- You develop mouth sores
- Mouth pain keeps you from eating

Adapted from Krames On-Line

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.