

Mouth and Swallowing Problems Information for Patients

Do you have a sore mouth or swallowing problems?

- Try eating soft, smooth or blended foods e.g., poached eggs, soups, yoghurt or milk puddings or finely chopped stewed meats in sauce or gravy
- Avoid drinks or foods which cause you discomfort e.g., very hot or cold temperatures, highly seasoned or spiced or acidic foods, or rough crunchy food
- Keeping your mouth clean is very important; use a soft toothbrush and mouthwash

Do you have a dry mouth?

- Use 'Salt and Baking Soda Mouthwash Recipe' (below) 2 - 4hourly or as often as needed, it helps rinse away thick/sticky saliva and lowers the acidity of your mouth
- Take regular sips of fluid as often as desired or suck on ice blocks/chips (you can flavor ice with pineapple, lemon or lime juice)
- Suck on hard boiled lollies, 'Tic-Tacs', mints, or try chewing gum - this can help increase saliva
- Keeps lips moist with a lip balm or lip moisturizer

Do you have oral thrush?

- If your tongue becomes sore, red or coated you may have thrush. This is easily treated with antifungal drops or lozenges from your doctor.
- If you have dentures - remember to treat them too!

Salt and Baking Soda Mouthwash Recipe:

- Mix together ½ teaspoon salt and ½ teaspoon baking soda in 1 cup of water
- Make up daily and store in the fridge
- Rinse/gargle after every meal or as needed

This is a general guide only, not a complete resource on the subject. It has been prepared for patients and families who are receiving palliative care.

If you have further questions, ask your health care professional.