MANAGING CHEMOTHERAPY SIDE EFFECTS:
MOUTH AND THROAT CHANGES

CALL YOUR DOCTOR OR NURSE IF YOU HAVE:

- Trouble eating or swallowing
- White spots in your mouth
- Sores on your lips or in your mouth

TELL YOUR DOCTOR OR NURSE IF YOU HAVE:

- Changes in taste or smell
- Dry mouth
- Pain when you eat hot or cold foods

TAKE THESE STEPS TO FEEL BETTER.

- Brush your teeth and tongue after each meal and before you go to bed. Use a very soft toothbrush.
- Use toothpaste or gel that has fluoride and baking soda in it.
- Rinse your mouth with the baking soda, salt, and water mix in the box below.

EVERY 3 HOURS DURING THE DAY MIX TOGETHER:

- 1 cup warm water
- ¼ teaspoon baking soda, and
- 1/8 teaspoon salt
- Take small sips and swish them around in your mouth.

KEEP YOUR MOUTH AND LIPS MOIST.

- Use a lip balm, such as Chapstick®.
- Sip water or such ice chips.
- Try drinking through a straw.

EAT SOFT, BLAND FOODS.

- Choose foods that are soft, wet, and easy to swallow. When your mouth is sore, try cooked cereals, mashed potatoes, and scrambled eggs.
- Soften food with gravy, sauce, or other liquids.
- Let food cool down if hot food hurts your mouth.
Don’t Have Things That Can Make Your Mouth Hurt.

- Don’t drink orange, lemon, tomato, or grapefruit juice.
- Don’t drink alcohol, including beer or wine.
- Don’t eat crunchy or spicy foods.
- Don’t have foods or drinks that have sugar in them, such as candy and soft drinks.
- Don’t smoke cigarettes or use other tobacco products.

Ask about medicine for pain if your mouth or throat is sore.

Visit a dentist at least 2 weeks before you start treatment. Get a copy of the report from your dentist and give it to your doctor or nurse.