



PATIENT INFORMATION

Dry Mouth

There are many different reasons that you may have a dry mouth such as medication, treatment or illness. This can make eating more difficult.

Here are some suggestions to help improve your dry mouth.

- Take frequent sips of fluids whilst eating and between meals.
- Ensure that you have a moist diet, have plenty of gravy or sauce with your food.
- Sucking ice-cubes, ice-lollies or fruit sorbet may help.
- Use Vaseline or lip salve to keep your lips moist.
- Use mouthwash and brush your teeth frequently. Some toothpastes can be drying, ask your nurse or pharmacist for advice as special dry mouth toothpastes can be purchased from chemists.
- Artificial saliva sprays are available - discuss this with your health care professional. If you do need this, ensure that you spray it under your tongue to improve its effect.
- Sucking sugar free sweets or chewing gum will help to stimulate your saliva to make your mouth more moist.
- Tangy foods such as citrus fruits (e.g. oranges, lemons and limes) will also stimulate your saliva. You could also try sucking frozen pineapple juice or eating tinned pineapple chunks. Do not try these if you also have a sore mouth or throat.

Information given to: _____

Information Given by: Print Name _____ Signature _____

Contact Number  _____