
Dry Mouth

Some cancer treatments can cause a decrease in saliva, which makes your mouth feel dry. Having a dry mouth can make foods harder to chew and swallow, and can change the way foods taste. Below are some suggestions to help manage dry mouth.

Keep Mouth and Lips Moist

- Sip on cool beverages like water or juice throughout the day.
- Carry a water bottle with you for easy access during the day.
- Keep a water bottle by your bed to sip throughout the night.
- Chew sugar-free gum.
- Suck on sugar-free candies, ice chips, ice pops, or frozen grapes.
- Avoid caffeine-containing beverages such as coffee, tea, or soft drinks.
- Avoid alcohol and tobacco.
- Use a lip balm to moisten lips.

Eat Soft and Moist Foods

- Moisten foods with gravy, soups, cream, butter/margarine, or sauces.
- Try foods such as yogurt, ice cream, pudding, sorbets or cottage cheese.
- Take sips of liquid often while eating to help make foods easier to swallow.
- Cut food into small pieces and chew well.
- Avoid hard and salty foods such as crusty breads, dried fruits, pretzels, crackers, or chips.

Mouth Care

- Keep your mouth clean, and rinse before and after eating.
- Use an alcohol-free mouth rinse or a homemade mouth wash of 1 teaspoon baking soda in 8oz of water, and rinse every 2 hours while awake.
- Use a soft-bristle toothbrush, especially on your tongue, as tolerated.
- If problems continue, talk with your doctor or dentist. There are products available that can help coat or moisten your mouth.