



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose _____

DRY MOUTH

The following suggestions may be helpful in minimizing dry mouth:

- a. Drink liberal amounts of liquids (*unless advised otherwise*).
- b. Use sugarless hard candy or sugarless gum to increase saliva.
- c. Eat moist foods such as ice cream.
- d. Moisten dry foods with butter, margarine, gravy, sauces or broth.
- e. Try mixing foods in blender. This will make foods smoother and easier to swallow.
- f. Try eating soft, cold foods, such as ice cream, puddings, ice sticks.
- g. Rinse mouth or moisten mouth with wet gauze sponges.
- h. Avoid commercial mouthwashes that contain alcohol or salt because these have a drying effect on the mouth. Make your own mouthwash by mixing 1 teaspoon of baking soda with 1 cup of warm water.