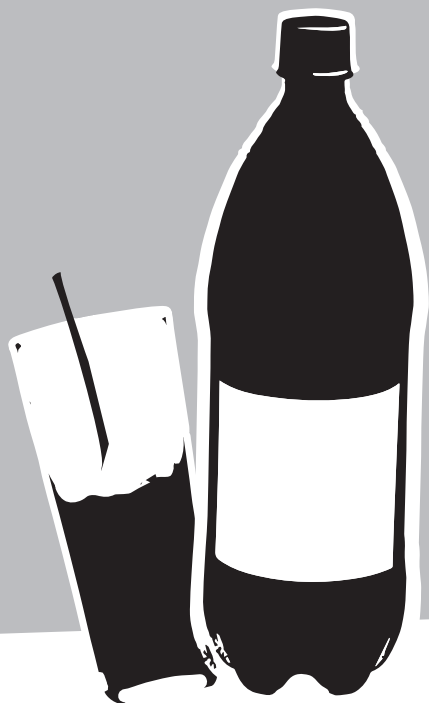




Belfast Health and
Social Care Trust



Helpful tips for people with a

Dry Mouth

Your mouth may become dry as a result of certain medications or treatments which can reduce the amount of saliva you produce.



- ✓ Have drinks often throughout the day. Fizzy drinks may be more refreshing.
- ✓ Carry a bottle of water with you to keep your mouth wet and take sips often, especially while eating.
- ✓ Try sucking ice cubes or ice lollies (these can be shop bought or made with cordials or fruit juice).
- ✓ Try smooth, soft, and creamy foods.
- ✓ The use of extra gravy, sauces, butter, milk, cream or custard can help
- ✓ Try eating moist snacks eg. most fruit, jelly, sorbet, ice-lollies.
- ✓ Try sucking boiled sweets, fruit drops or pastilles.
- ✓ Chew sugarfree chewing gum.
- ✓ Try eating pineapple chunks or grapefruit* segments to increase saliva flow.

*** Grapefruit may affect how some medications work, so check with your doctor or nurse if you are unsure.**

- ✘ Avoid sticky, chewy or dry foods e.g. chocolate, pastry and bread as they may stick to the roof of your mouth.
- ✘ Avoid alcohol and smoking as both can make the mouth drier.
- ✓ Artificial saliva products are available and can be prescribed by your doctor if felt appropriate.
- ✓ Keep lips moist with lip balm.
- ✓ Brush your teeth often.

Use a soft toothbrush to clean your tongue if necessary.

You can ask your nurse about mouth hygiene, or if you notice your tongue appears coated.



The advice in this leaflet may not be suitable if you follow a 'special diet' for conditions such as diabetes, coeliac disease or have a food allergy – please speak to your Dietitian or GP if concerned.

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