



PATIENT INFORMATION LEAFLET

MOUTH CARE FOR CHEMOTHERAPY PATIENTS

While you are having chemotherapy it is very important to look after your mouth, as chemotherapy can cause mouth sores or ulcers. While on chemotherapy we advise that you follow a strict mouth care routine.

It is advised that you should brush your teeth after meals, using a soft toothbrush. You may also be prescribed mouthwashes as a preventative treatment, and if so, we recommend you use these mouthwashes regularly, even if your mouth is not sore.

If your mouth does become sore, or if you develop mouth ulcers or white spots on the inside of your mouth (thrush), we will normally prescribe the mouthwashes listed below, it is important to inform your nurse or oncology liaison nurse, if your mouth is sore, as you may need an additional prescription to be arranged or your chemo dose may need to be adjusted or delayed

Chlorhexidine Mouthwash



This is an anti-bacterial mouth wash, **advised Alcohol Free** (Examples Corsodyl or Kin) It should be used four times a day (after brushing teeth). Rinse for one minute and spit out. Sometimes these mouthwashes can stain your teeth, so it is best to avoid eating or drinking for a half an hour before or after use.

Nystatin



This is an anti-fungal mouth wash. Rinse 1ml for one minute then swallow, Use four times a day. If you are also using the Chlorhexidine mouthwash. It is better to wait a half an hour after use before using the nystatin mouthwash

If your mouth becomes sore, you can also use

Benzydamine Mouthwash



(example Difflam) This is a painkilling mouth wash. It does not kill any germs, but it is very good at reducing pain in the mouth.

It can be used one and a half to three hourly, to reduce pain.

You should rinse for one minute then spit out.

If your mouth is sore use this mouthwash, just before meals, to make eating easier.

This mouth wash can be used in addition to Chlorhexidine and Nystatin mouthwashes.

If you wear dentures, remove them before rinsing with the mouthwash. It is recommended that you remove your dentures at night before doing your last mouth wash and leave them out overnight to soak.

We hope you find this leaflet useful. If you have any further questions, please discuss these with your nurse while in hospital or your oncology liaison nurse.

For further information you can also download:

<http://www.macmillan.org.uk/Cancerinformation/Livingwithandaftercancer/Symptomsideffects/Mouthcare/Chemotherapy.aspx>