



Sometimes medications and treatments can leave your mouth very dry. This can make eating unpleasant and difficult.

It is important for your treatment that you still try to eat as well as you can. This advice leaflet will give you ideas on what to eat if you are suffering from this problem. It is unlikely that you will be able to eat as much food as you did and so it is important that you choose full fat varieties of food and avoid buying anything that says 'diet'. You can also look at the 'Eat well with a small appetite' leaflet to get more ideas on how to provide additional nourishment.

Available at: [www.lnds.nhs.uk](http://www.lnds.nhs.uk)

The following are tips to help with a dry mouth:

- Make sure you drink plenty of fluids – try carrying a water bottle with you and take frequent sips in order to keep your mouth moist.
- Have regular drinks of nourishing fluids such as milkshakes, fruit smoothies and yoghurt. These are good for protein, energy, vitamins and minerals.
- Always sip on fluids during your meals – this will help to keep food moist making it easier to swallow.
- Try sucking on flavoured ice cubes or ice lollies. You can flavour ice cubes by adding sugar free cordial to water before freezing.
- Boiled sweets and fruit drops are also useful to suck on to keep your mouth moist. Try sugar free sweets, or if you are sucking on sweets with sugar in them you will need to rinse your mouth regularly.
- Try stews, casseroles and foods in sauce as these are easier to swallow.
- You may find dry foods such as crackers, crisps and biscuits difficult to eat. Try dunking these in soups or warm drinks.
- You may find some foods stick to the roof of your mouth such as chocolate and bread.
- Chewing sugar free gum can help to stimulate your own saliva.
- Try a thin coat of petroleum jelly e.g. lip balm for dry lips.
- Reducing caffeine and alcohol intake.
- Ask your Doctor or Nurse about artificial saliva that you can get on prescription. Make sure you read the instructions before using.
- Keep your mouth clean. Ask your Doctor or Nurse for advice about suitable mouthwashes (some mouthwashes may be too strong).
- Use a soft toothbrush to clean your teeth- a child's toothbrush maybe best.
- Try a SLS (Sodium Lauryl Sulphate) free toothpaste.
- If you wear dentures, leave them soaking in a denture cleaning solution overnight then brush to remove all debris. Leave them out for as long as you can during the day to prevent them chafing your gums
- Smoking will increase the symptoms of a dry mouth. For information on smoking cessation please contact the Stop smoking service on 0116 454 4000 or speak to your GP.

If you have any further queries or require further advice then please speak with you Dietitian/ Nurse / Doctor / Oral hygienist.

