



# Mouth and throat problems

## Mouth and throat problems

A sore mouth and throat could be a side effect of medication. If this is the case then after your medication is completed, things should improve. This leaflet is designed to give you some helpful hints with this problem.

- Eat soft foods such as fish dishes, soft puddings and cream soups.
- Try to eat the foods suggested in our leaflet 'Difficulties with chewing and swallowing?'
- Avoid very hot, very cold, spicy or acidic foods.
- Try liquidised food or food which is pushed through a sieve. Liquidised food is on offer at the hospice. Recipes to use at home can be obtained from the catering staff.
- Brush your teeth regularly to ensure that your mouth stays as clean and moist as possible. Use a soft toothbrush.
- If your tongue is coated, try sucking a quarter of an effervescent Vitamin C tablet. This helps to clean your mouth and tongue.
- A quarter of an effervescent Vitamin C tablet can also be dissolved in water and used as a mouthwash or gargle.
- If you wear dentures, soak them in denture cleaning solution overnight. Try to leave them out as long as possible to prevent further damage to your gums.

- Please ask nursing staff regarding further advice about mouth care as they may be able to offer additional advice or products.
- Always report a sore and coated tongue or mouth to your doctor. Please check with your district nurse, GP or palliative healthcare professional whether these suggestions are appropriate for you and the reason for your difficulty.

## Dry mouth?

Try these hints to help if you have a dry mouth

- Try to drink often during the day. Keep a drink close by you.
- Suck ice cubes made from fruit juices. Pineapple ice cubes are particularly helpful as they stimulate saliva production. Ice lollies are also good.
- Choose or prepare meals which contain moisture, such as gravy, sauce, cream or fruit juice.
- Eat soft foods such as cheese dishes, soft puddings and cream soups.
- Suck boiled sweets such as fruit or acid drops.
- Use lip cream such as Lypsil or Vaseline to stop lips from drying.

**Please check with your district nurse, GP or palliative healthcare professional whether these suggestions are appropriate for you and the reason for your dry mouth.**

# Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit [stelizabethhospice.org.uk](http://stelizabethhospice.org.uk)

## Contact us

01473 727776

[enquiries@stelizabethhospice.org.uk](mailto:enquiries@stelizabethhospice.org.uk)

[stelizabethhospice.org.uk](http://stelizabethhospice.org.uk)

St Elizabeth Hospice

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX

