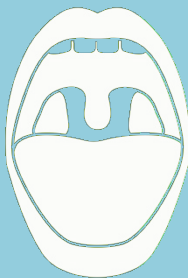


Mouth Sores



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet



Let's talk about mouth sores...

- Mouth sores are small wounds that cause discomfort and make it harder to eat, swallow and/or talk.
- If your mouth sores make it hard to eat or drink properly, please contact your healthcare team.
- If you have open sores, white patches or very painful sores, please contact your healthcare team.
- **CALL YOUR HEALTHCARE TEAM IMMEDIATELY** if you have mouth sores and a fever (temperature greater than 38°C),

** If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

PREVENTION

- Keep your mouth as clean and moist as possible.
- Brush your teeth at least twice daily using a soft toothbrush (or a soft foam toothette with salt/soda water). Floss daily if possible.
- Rinse toothbrush in hot water before using. Air dry after use.
- Avoid tobacco and alcohol, including alcohol-based mouthwashes.
- Drink 6-8 glasses of fluids per day.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

MANAGEMENT

- Try using a bland mouth rinse 4 times per day. Recipe: 1 cup warm water, ½ tsp table salt (or baking soda). Swish in your mouth for at least 30 seconds and spit out.
- Eat a soft diet (e.g. oatmeal, bananas, applesauce, cooked carrots, rice, pasta, eggs, etc.)
- Try taking pain medicine before meals to make eating easier.
- Avoid foods/drinks that are acidic, salty, spicy or very hot in temperature.
- If eating is hard, speak to a dietitian to ask about meal supplements or other ideas.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

Mouth Care During Treatment
<https://bit.ly/ccu-mouthcare>
Preventing Mouth Sores (video)
<https://bit.ly/youtube-mouth>
More resources at
mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

Dietician

Ask your doctor or nurse for a referral

If you are getting treatment at:

- **Oncology Clinic, call:**
Symptom Management Hotline
514-340-8222 ext. 25529
Mon – Fri. 8h00-16h00
Nights/Weekends: 514-340-8232
- **Radiation Oncology Clinic, call:**
514-340-8222 ext. 24124