

EATING WITH A DRY MOUTH

Some treatments can leave your mouth feeling very dry. This can make eating difficult, but it is important to try to eat as well as you can.

The following ideas may help:

- Make sure that you drink plenty of fluids. Try carrying a bottle of water with you and take frequent sips throughout the day
- Also aim to have regular drinks of 'nourishing fluids', e.g. milk, milk shakes, smoothies or yoghurt drinks. These are more nutritious than water
- Always sip drinks with your meals. This will help to keep the food moist and easier to swallow
- Try sucking on ice cubes or ice lollies. Ice cubes can be flavoured with fruit juices or cordials
- Chewing sugar free gum or sucking sugar free boiled sweets helps to stimulate saliva production and keep your mouth moist
- Soft, moist foods may be easier to swallow. Use plenty of sauces, gravy or dressings. Try stews or casseroles, fish in a sauce or pasta dishes
- Moisten lips with a thin coat of petroleum jelly or lip balm
- Ask your doctor or nurse about artificial saliva, which is available on prescription and can be very helpful