



Belfast Health and
Social Care Trust



Helpful tips for people with a
Sore Mouth

During the course of your treatment your mouth or throat may become painful. This can make eating unpleasant and difficult.

General advice:

If you feel pain on eating, take any painkillers or mouthwashes your doctor suggests before you eat and drink

The following tips may help:

Avoid -

- ✗ Dry, rough or hard foods such as toast, biscuits, crisps, pastries, raw vegetables as these can scrape and annoy a sore mouth
- ✗ Spicy, salty and sharp tasting acidic foods such as vinegar, chilli, curry
- ✗ Citrus fruits and fruit juices such as orange, lemon, pineapple and tomato.
- ✗ Very hot or very cold foods or drinks. However, if you find cold foods (eg. ice cream, yoghurt, mousse, milk jellies) have a cooling effect, and do not cause pain, try small amounts to begin with. Stop these if causing pain.
- ✗ Smoking and alcohol (especially spirits) as these may irritate a sore mouth

Choose

- ✓ Choose soft foods such as scrambled egg, omelette, soup, milk puddings, creamy yoghurts, tinned fruit with ice cream or custard. Foods can be made smoother with plenty of sauce, gravy, butter, custard or cream.



- ✓ Drink plenty of nourishing fluids such as full cream milk, milky drinks and milkshakes eg. Ovaltine, Horlicks, Build Up or Complan
- ✓ Try making your own smoothies with yoghurt and **non citrus fruits** (eg banana, blackcurrant, apple, peach or pear juice).

Additional tips -

- Using smaller cutlery may be easier for you (eg. dessert fork or teaspoon).
- Drink plenty of liquids. You may find it more comfortable to drink through a straw, but be careful if the drink is hot.
- Use a child's soft toothbrush to clean your teeth gently and to clean your tongue if necessary. You can ask your nurse about mouth hygiene, or if you notice your tongue appears coated.
- If you wear dentures, leave them out for as long as you can during the day to prevent them chaffing your gums.
- Keep lips moist with lip balm.



The advice in this leaflet may not be suitable if you follow a 'special diet' for conditions such as diabetes, coeliac disease or have a food allergy – please speak to your Dietitian or GP if concerned.

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