

Other

Soothing Mouth Rinse

Side Effect: Dry Mouth

1 Min
Prep Time

0 Mins
Cook Time

1
Serving

0 Calories **0g** Fat **0g** Carbs **0g** Protein

Ingredients

1 Serving **1** Min Total Time **0** Allergens: None

1/4 Tsp Baking Soda

1/8 Tsp Salt

1 Cup Warm Water



Nourishment Note



👤 Mouth Rinse

This soothing mouth rinse can be beneficial for several side effects associated with cancer treatments, including dry mouth, altered taste, and a sore mouth or throat.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Stir Ingredients

Place all ingredients into a cup and stir well until the salt and baking soda are dissolved.

3. Rinse Mouth

Rinse mouth with solution, then spit out. Rinse mouth with plain water. Repeat rinse every 1-2 hours, if needed.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cup



Measuring Cups



Measuring Spoons



Spoon

Fatigue Buster

- Make a larger batch and keep in the refrigerator. Warm before using.