



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Coping with a Dry Mouth

Dry Mouth

A dry mouth, often caused by damage to the salivary glands, can make eating and chewing more difficult. Here are some guidelines to help you:

- Take drinks frequently during the day to keep your mouth moist.
- Try tart foods such as citrus fruits and juice that may stimulate saliva (avoid if mouth is sore).
- Suck crushed ice, jelly cubes, iced lollies, pineapple chunks etc.
- Suck boiled sweets, mints or chew gum to increase saliva production.
- Eat soft, moist foods and add sauces, gravy, custard, butter, cream, milk etc.
- You may find fizzy drinks refreshing.
- Separate meals.
- Ask your doctor about artificial saliva preparations that are available on prescription.

Foods to avoid

Very hard foods such as biscuits, crackers or toast may be more difficult to tolerate.

Ideas for breakfast

- Cereal e.g. Weetabix, porridge or Ready Brek with plenty of full cream milk and sugar, jam, honey or syrup.

- Hard boiled egg mashed well with mayonnaise, butter or margarine and seasoning.
- Full fat yoghurt/mousse
- Milkshake

Snacks and easy meals

- Chilled or frozen supermarket meals e.g. shepherds pie, fish pie, lasagne, pasta with sauce
- Omelette or scrambled egg with cheese or chopped ham.
- Macaroni or cauliflower cheese
- Stews, hotpots or chicken in cream sauce with bread, mashed potato or rice
- Jacket potato with butter and a filling e.g. baked beans, tuna mayonnaise
- Tinned beans and sausages, ravioli or spaghetti with grated cheese and bread
- Muffins, crumpets, pikelets, pancakes or teacakes with lots of butter or cream cheese
- Soup (“cream of” varieties are a good choice or add cream to increase calories)

Pudding Ideas

- Milk puddings with jam
- Sponge pudding and custard
- Thick and creamy yoghurt, fromage frais and custard style puddings
- Mashed banana with sugar and cream, yoghurt or fromage frais
- Milk jelly with ice-cream

- Mousse, trifle, cheesecake, crème caramel
- Tinned peaches or peaches with ice-cream, custard or yoghurt

Nourishing drinks

Any kind of milk-based drink is very nourishing e.g. milkshake, hot chocolate, milky coffee, horlicks etc.

Nutritional supplements

If your dry mouth is affecting your dietary intake, you may benefit from nutritional supplements. Ask your Dietitian about these drinks.

Mouth Care

Lack of saliva can predispose to tooth decay so good oral hygiene is important. Keep your lips moist by using Vaseline or lip balm.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

REHABILITATION

If you have any concerns or questions regarding your rehabilitation, please contact either your named therapist on the number provided, or the Therapy Manager on 01704 704147.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –
Dietitian –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached *Friends and Family Test***.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT

Thank you

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