Mucositis (sore mouth/throat)

An inflammation of the tissues in the mouth and/or throat is called mucositis. This can be caused by chemotherapy and radiation. Mucositis can start five to seven days after chemo and about two weeks after radiation to the head and neck. If it occurs, it will heal with time and care.

Mucositis can put you at risk for infection. Good mouth care can help prevent infection.

Seeing your dentist for a check up before you start treatment is advised.

Signs of mucositis may be:
- discomfort or pain
- redness
- mouth sores
- burning feeling
- trouble swallowing
- sensitivity to alcohol, hot, cold, salty, spicy or acidic foods and drinks
- pain or difficulty wearing your dentures

Bigwaashkaang gidoon/gigondashk


Andawaabam mashkikiwinini giibidan onji jibwa maaji-odaapinaman mashkiki.

Aaniin ge-izhi-gikendaman bigwaashkaayan:
- zaabimanji’owan gemaa wiisagendaman
- miskoziwan
- omigiiyan
- jaagizomanji’oyan
- zanagi’igooyan ji-gwanjigeyan
- aakwaadag minikwewin, gegoo gizhideg, dakaag, zhiwitaaganiwang, aakoodewagak gemaa bisawendaagwak zhigwa menikweyan gegoon
- wiisagendaman gemaa zanagi’igooyan biizikaman gibidekaanan
Mucositis (sore mouth/throat)

Call your nurse or doctor if you have:

- a fever 38°C or 100.4°F
- trouble eating or swallowing
- white spots in your mouth or on your tongue
- sores in your mouth and/or on your lips

You will require medication to treat these symptoms.

Mouth Care Tips

- Brush your teeth and tongue with a very soft toothbrush. Use a toothpaste with no peroxide, tartar control or fluoride. Example: Biotene, Sensodyne
- Avoid mouthwashes that contain alcohol.
- Rinse your mouth after eating and before bed. Use one half teaspoon of salt or baking soda to one cup of warm water.
- Do not smoke.
- Do not floss if your blood is low while on chemotherapy.
- If you are having radiation to the head and neck do not floss at all.
- Keep your mouth and lips moist. Sip water often and use lip balm.
- Suck on ice chips, if receiving 5FU (fluorouracil) chemotherapy.

Bigwaashkaang gidoon/gigondashk

Ganoozh gimashkikiiwikwem gemaa gimashkikiwininiim giishin:

- 38°C gemaa 100.4°F apiichi gizhizowin
- zanagi’igooyan wiisiniyan gemaa gwanjigeyan
- waabishki-mamazinaazoyan gidooning gemaa gidenaniwing
- omigiiyan ogijaya’ii gidooning gemaa biijnaya’ii

Mashkiki giga-andawendaan owe izhiseyan.

Naagajitooyan Gidoon

- Gizii’aabidaan giziibii’ogon gidoon.
- Gizo sigoogon ishkwaa wiisiniyan dago jibwaa nibaayan. Aabita emikwanen dzhi witaagan gemaa baking soda dagonan bezhigo-minikwaagan gizhaagamidewaaboo.
- Gego zagaswaaken.
- Gego biinaabiiginangen nasawaabid giishpin zoongaaming inog gemaa minikwa gidoon.
- Gego biinaabiiginangen nasawaabid zhaabwaateni gidoon.
- Mikwamiinsag zoosoobam, giishpin miinigooyan iwe 5FU amogowin mashkiki.
If mucositis occurs:

- Eat soft, moist foods that are at room temperature.
- Avoid acidic foods/drinks such as oranges, tomatoes, and fruit juices.
- Avoid crunchy and spicy foods.
- Ask to speak to a dietitian.
- Take pain medication.
- Remove your dentures. They can make your mouth sore. If you cannot eat without your dentures, wear them to eat then remove them and rinse your mouth.

Giishpin bigwaashkaag gidoon:

- Nookaag gemaa zhaabobiig miijin dakaasinog miijin.
- Gego miijiken gemaa minikweken aakodewagak gegoo daabishkoo ozaawijiiminag, oginiig gemaa zhiwijiiminaaboon.
- Gego miijiken gaapaag gemaa aakodewagak gegoo.
- Gagwedwen ji-gaganoonad awiya ji-gagiiganjige’ig.
- Odaapinan miskiki ji-aate-ayaayan.