

Dry mouth and mucus management strategies

Townsville
Hospital
and Health
Service

Many medical conditions and medications can increase mucus production. If there is too much mucus in your throat, it can affect swallowing, speech, and overall health and wellbeing.

Simple changes to daily habits can help manage mucus and its effects for example:



Keep hydrated

- Limit caffeine and alcohol (drying effect and reflux risk)
- Drink lots of water - don't wait until you get thirsty
- Moisten your mouth before eating and add sauces to foods



Help break down saliva

- Red Grape Juice (200ml daily)
 - If diabetic, 4x50ml over the day
 - Available in supermarkets
- Bisolvon™ tablets (check with your pharmacist first)
 - No more than 4 days



Try steam inhalation

- Plain hot water
- Inhale through nose and mouth
- Follow with strong huff
- Cough and spit out (or swallow)
- No menthol (irritant)
- Before breakfast and before bed

Community Speech Pathology - 4433 9500

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FACT SHEET: Townsville Community Allied Health Service





Look after your mouth

- Clean your teeth twice daily (reduces bacteria)
- Floss every day and clean tongue
- Mouthwash is NOT enough (avoid if on thickened fluids)
- Toothpaste without SLS (foaming agent)



Try controlled coughing

- Sit with good upright posture
- Deep breath and sharp cough
- Follow with swallow or spit
- Helps clear the problem
- Avoid throat clearing (Ahem)



Use mouth moisturisers

- Available in supermarkets and chemists
 - Biotene Oral Balance Gel™
 - Oral 7
 - Xylitol
 - Colgate dry mouth relief
 - GC Gel (available on internet only)
- Don't chew gum, it has a drying effect



Treat oral thrush

- See your GP or pharmacist for an Anti-Fungal
- Care for your dentures separately
- Clean your tongue with your toothbrush
- Disinfect toothbrush between uses (use Milton)



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