

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 **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 and all cooking surfaces with soap and warm water before beginning.

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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from NIH National Cancer Institute

What You'll Need



Cup



Measuring Cups



Measuring Spoons



Spoon

Fatigue Buster

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