

Follow-up Sheet

Treatment of oropharyngeal mucositis

Date _____ First name _____ Last name _____

TO RELIEVE YOUR SIGNS OR SYMPTOMS OF MUCOSITIS, THE HEALTH PROFESSIONAL HAS PRESCRIBED:

An oncology mouthwash containing a **corticosteroid**
An oncology mouthwash containing **lidocaine**

UNTIL YOUR SIGNS OR SYMPTOMS OF MUCOSITIS RESOLVE

ADULT

Rinse mouth 4 times a day for at least 2 minutes with 15 to 30 ml of the mouthwash

CHILD

Rinse mouth 4 times a day for at least 2 minutes with 15 ml of the mouthwash

Rinse mouth 4 times a day for at least 2 minutes with 15 ml of the mouthwash (splitting it into two successive rinses)

ADULT /
CHILD

Do no swallow the mouthwash. Always spit it out.

Swallow the mouthwash if you have some lesions in your throat.

You can suck on an ice cube or other frozen item between treatments with the mouthwash to ease the pain:

Yes

No

INSTRUCTIONS FOR USING ONCOLOGY MOUTHWASHES

- Respect the recommended minimum contact time of 2 minutes during each rinse to ensure the treatment's effectiveness.
- Store the mouthwash in the refrigerator for a maximum of 14 days. Shake well before use.
- Avoid eating and drinking for 30 minutes after each rinse with:
 - The oncology mouthwash containing a corticosteroid (to the extent possible);
 - The oncology mouthwash containing lidocaine.

IF YOU HAVE DENTURES OR BRACES.

- Remove your dentures:
 - When using the mouthwash;
 - For the night or for a period of at least 8 hours per day.
- Wear your dentures only during meals if your mouth is sensitive.
- Do not wear your braces during an episode of mucositis.

FOLLOW-UP

- Inform your oncology care team when you start a treatment for oropharyngeal mucositis.

Health professional's signature : _____

USEFUL INFORMATION



ORODENTAL HYGIENE

- Maintain good orodental hygiene in accordance with the recommendations you were given before starting cancer treatment.
- Do not use a commercial mouthwash (for example, Listerine™ or Scope™) containing alcohol, dental floss or other interdental cleaners.



DIET

- Drink plenty of fluids.
- Avoid eating dry, hard, spicy, hot or highly acidic foods.
- Limit or stop your alcohol, tobacco and coffee consumption.

IN THE FOLLOWING CASES



- Fever
- Intolerance to the treatment or an allergic reaction (for example, facial swelling or difficulty breathing)
- No improvement or worsening of your signs or symptoms of mucositis 48 hours after starting the treatment (for example, increased pain, bleeding, or difficulty opening your mouth)
- Difficulty swallowing or the inability to eat or drink for more than 24 hours
- A deterioration in your overall health
- The presence of signs of dehydration:
 - Intense thirst
 - Dull look and sunken eyes
 - Headaches
 - Appearance of a skin fold
 - Dry, cold and pale skin
 - Agitation, lethargy or profound weakness
 - Low urine output
 - Disorientation, vertigo
 - Malaise, dizziness

CONTACT THE ONCOLOGY CARE TEAM

Last name/first name

Telephone

**IF THE ONCOLOGY CARE TEAM CANNOT BE REACHED
IN THE EVENING OR ON WEEKENDS
GO TO THE EMERGENCY ROOM**

