

Sore Mouth or Throat with Cancer Treatment

Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
 - Milkshakes
 - Bananas, applesauce, or other soft fruit
 - Cottage cheese or yogurt
 - Mashed potatoes or noodles
 - Macaroni and cheese
 - Custards, puddings or gelatin
 - Scrambled eggs
 - Oatmeal or cooked cereal
 - Pureed or mashed vegetables

- **Avoid foods that can hurt your mouth.**
 - Oranges, grapefruits, lemons, other citrus fruits and juices
 - Tomato sauce or juice
 - Spicy foods
 - Raw vegetables, granola, toast, crackers or other rough coarse foods
 - Hot foods or liquids

- **Follow these tips:**
 - Cook food until it is soft and tender.
 - Cut food into small pieces.
 - Use a straw to drink liquids.
 - Use a small spoon.
 - Eat food that is cold or at room temperature.
 - Drink warm bouillon or salty broth for a sore throat.
 - Rinse your mouth often with water to remove food and bacteria and to promote healing.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.