Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Mucositis

This information explains nursing discharge instructions for mucositis from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Mucositis

Mucositis is when your treatment affects cells in your mouth and digestive tract. This can cause redness, swelling, tenderness, and sores on the lining of your mouth, tongue, and lips.

Rinse your mouth with ice water or suck on ice chips 3 to 4 times each day for 20 to 30 minutes.

Your healthcare team may recommend one of the rinses listed below:

- One quart (4 cups) of water mixed with 1 teaspoon of salt and 1 teaspoon of baking soda.
- One quart of water mixed with 1 teaspoon of salt.
- One quart of water mixed with 1 teaspoon of baking soda.
- Water
- A mouthwash with no alcohol or sugar, such as Biotene® PBF Oral Rinse or BetaCell™ Oral Rinse.

Use a soft-bristle toothbrush to brush your teeth and floss regularly.

Call your MSK healthcare team if you have:

- New redness, sores, or white patches in your mouth.
- Bleeding of your gums or mouth.
- Trouble eating or drinking.
- Signs of infection, such as a fever of 100.4°F (38°C) or higher, shaking chills, or sweating.

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

For more information, visit www.mskcc.org/pe/mouth_care

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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