**What are stomatitis and esophagitis?**

Stomatitis and esophagitis are terms referring to inflammation (redness and swelling) of the lining of the mouth and throat. These symptoms may result from chemotherapy or radiation therapy. This condition may be present as soreness of the lips, mouth and throat. It is possible for this condition to develop into painful ulcers, difficulty swallowing or to become infected.

**What are the early signs and symptoms of stomatitis?**
- Mild redness or swelling of the lining of the mouth and gums
- Sensation of dryness or mild burning of the mouth and tongue
- Significant change in taste

**What are the early signs and symptoms of esophagitis?**
- Feeling of having a “lump” in the throat when swallowing dry food
- Dry or parched throat

**What are the signs of infection?**
- White patches on the tongue, inside of the mouth, or throat
- Clusters of painful blisters on the lips which can “break” and form scabs
- Open sores or ulcers anywhere in the mouth
- Fever of 100° or higher
- Pain in the jaw which may be related to infection of the gums

**How can I help to prevent stomatitis/esophagitis?**
- Seek a pre-treatment dental checkup to correct any dental problems, including proper denture fit
- Thoroughly clean dentures daily in a solution that does not contain alcohol
- Check your mouth, lips, and tongue daily
- Call your nurse or doctor if you observe redness, swelling, or sores, anywhere in your mouth

Continued
PATIENT INFORMATION

- Brush your teeth with a soft nylon bristle toothbrush—you may soak the brush in warm water prior to use, rinse the toothbrush well after use and keep it separate from others.
- Avoid flossing if you have been informed by nurse that your platelet count is low.
- Rinse your mouth after brushing with a solution of salt (1 tsp.) and baking soda (1/2 tsp.) in 8 ounces of warm water.
- NEVER USE COMMERCIAL MOUTH WASHES CONTAINING ALCOHOL.
- Keep lips moist with lip balm (Carmex is a good choice).
- Try to drink 6–8 glasses (8oz) of fluids daily.
- Try to maintain a diet high in protein.
- Avoid if possible drinking concentrated alcohol (spritzers OK), and avoid smoking.
- Avoid eating food that is too hot or cold and avoid eating spicy or acidic foods and foods that are coarse in texture.

What can I do if I develop mild stomatitis/esophagitis?

- Use a topical anesthetic such as (Hurricane®).
- Maalox® and/or Mylanta® may help coat the mouth (these are for symptomatic relief, and they do not speed healing or treat infection).
- DO NOT FLOSS during this period.

What if these measures do not help?

- Your doctor may order Viscous Xylocaine® (Lidocaine), the Stanford Suspension or MMX (an oral cocktail containing Mylanta®, Nystatin®, and Viscous Xylocaine®) for relief of symptoms.
- Mycelex® ( clotrimazole), Nizoral® ( ketoconazole), Diflucan® (fluconazole), or Zovirax® (acyclovir) may be used if there is an infection suspected or present.
- Pain management may also be necessary until the problem resolves.

If you have any questions, please call your physician, nurse or pharmacist.