

Managing Mucus and Phlegm

During cancer treatment and recovery, you may experience an increased amount of mouth and throat secretions. You may also experience thick and “sticky” secretions.

See below for tips on managing these secretions.

Recommendations:

- Increase the amount of fluids you are drinking. Remember that anything without caffeine or alcohol counts as a fluid: sports drinks, juice, flavored waters, etc.
- Try a cool mist humidifier at night, keep it on your night stand. Be sure to follow cleaning instructions.
- Drink, rinse or gargle with seltzer water or any carbonated beverage
- Rinse your mouth with salt and baking soda
(mix $\frac{3}{4}$ teaspoon salt and 1 teaspoon baking soda in 4 cups/ 1 liter of water)
- Eat fresh papaya or pineapple (or drink their juice)
- Mix $\frac{1}{2}$ teaspoon of unseasoned meat tenderizer in $\frac{1}{2}$ cup of water and rinse in your mouth – do not swallow
- Discuss with your physician or nurse as they may recommend medications to help
- Some patient may benefit from use of a portable suction machine to help clear secretions