**Management Techniques to Clear Thick Mucous**

* Maintain adequate hydration
* Avoid or minimize caffeine/alcohol
* Avoid acidic foods (e.g. tomatoes, citrus, vinegar, spicy foods)
* Avoid or minimize milk products—coconut milk as possible replacement (also an anti-fungal)
* Papaya enzyme (\*\*Check for Allergies\*\*) or Pineapple
* Club Soda
* Humidifier
* Good oral care—tooth brushing (including tongue, gums, cheeks, roof of mouth), use an ultra soft toothbrush or foam brush if oral tissues are sensitive, include an oral rinse
	+ Rinse mouth (swish and spit) before and after meals and at bedtime with either normal saline (1 tsp of table salt to 1 cups of water), or salt and soda (1/2 teaspoon of salt and 2 tablespoons of sodium bicarbonate in 4 cups of warm water)
* Mouth moisturizer—creams or oral sprays
	+ Biotene, Toothette Oral Care
* Adjust positioning to aid swallowing
* Medication
	+ Side effects: drying or xerostomia, med review with MD
	+ Meds to thin out secretions, e.g. OTC Mucinex
* **Mucositis**: *occurs when cancer treatments break down the rapidly divided epithelial cells lining the gastro-intestinal tract (which goes from the mouth to the anus), leaving the mucosal tissue open to ulceration and infection.*
* **Thrush:** *A fungal infection which may exacerbate mucositis*