

Managing taste changes in advanced CKD

Many people with chronic kidney disease experience taste changes. Common complaints include:

- Metallic taste
- Bitter taste
- No taste
- Dry mouth

These taste changes are due to toxins building up in your body and in your mouth.

Some mouthwashes can help improve your taste.

Try this homemade mouthwash.

Sodium Bicarbonate Mouthwash

1 teaspoon sodium bicarbonate (buy from supermarket) mixed into **500ml water**

Rinse your mouth out regularly throughout the day (don't drink this mouthwash).

Aim to finish this 500ml mouthwash in 24 hours.

<p>Metallic taste</p>	<p>Rinsing your mouth out with your sodium bicarbonate mouthwash throughout the day</p> <p>Before eating a meal or snack try one of the following:</p> <ul style="list-style-type: none"> • Peppermints, chewing gum or sour lollies • Small glass of ginger ale or soda water • Small glass of fruit juice (discuss with your dietitian), wine or tea
<p>Bitter taste</p>	<p>Rinsing your mouth out with your sodium bicarbonate mouthwash throughout the day</p> <p>Keep your mouth clean. Brush your teeth regularly</p> <p>Avoid foods which give bitter tastes:</p> <ul style="list-style-type: none"> • Red meat • Caffeine (coffee, tea) • Beer • Tonic water <p>Before eating a meal or snack try one of the following:</p> <ul style="list-style-type: none"> • Small glass of soda water or sparkling water <p>Try adding some sweet or sour flavours to meals or drinks to reduce the bitter taste</p> <ul style="list-style-type: none"> • Add lemon or lime juice into cooking • Add vinegar to marinades or as a salad dressing • Add sugar to your tea or coffee <p>Foods which are cold will leave less of a bitter taste</p> <ul style="list-style-type: none"> • Have cold foods (e.g. sandwiches – add apple sauce, mustard or pickle for flavour) • Allow meats to cool before eating • Have drinks cold. Try having an iced coffee instead of hot.
<p>No taste</p>	<p>Add extra flavours to your food:</p> <ul style="list-style-type: none"> • Herbs and spices (including chilli) • Pepper • Vinegars • Lemon juice • Marinate meats/chicken/fish before cooking with herbs, spices, olive oil and lemon juice
<p>Dry mouth</p>	<p>Avoid salty foods as this increases your thirst</p> <p>Rinsing your mouth out with water or your sodium bicarbonate mouthwash throughout the day</p> <p>Keep your mouth clean. Brush your teeth regularly</p> <p>To stimulate more saliva:</p> <ul style="list-style-type: none"> • Suck on hard sweets (peppermints) or chew gum • Suck on chilled or frozen fruit slices (lemon, mandarin, apple, grapes) <p>Try an artificial saliva. Can buy these from pharmacies.</p>