

## Dry mouth

Dry mouth or xerostomia is prevalent in over 50% of CKD population. Mechanism include fluid restriction, UF on dialysis, and some medications.

Dry mouth may contribute to taste changes and poor fluid restriction adherence.

### Management

For patients on a fluid restriction, limit salt intake. Salt intake can increase thirst and exacerbate sensation of dry mouth.

#### 1. Strategies to increase saliva

- Sucking on mints or hard lollies to stimulate saliva flow
- Citrus/acidic foods such as sucking on frozen orange wedge or ice cubes made with lemon juice
- Chewing gum

#### 2. Strategies to replace saliva

- Biotene gel and spray
- Aquaspray
- Frequent mouthwashes with plain water, sodium bicarbonate mouthwash or soda water ([Taste changes in advanced CKD factsheet](#))

#### 3. Oral hygiene

- Maintain oral hygiene such as Biotene products and mouthwashes
- Brush teeth after each meal
- Chewing gum