

## Managing taste changes in advanced chronic kidney disease

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

(do not drink this mouthwash).

Aim to finish this 500ml mouthwash in 24 hours.

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