Dry mouth

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