

If your saliva is too thick and your mouth feels dry it can be uncomfortable and problematic. Some of the following suggestions may help:

- Ensure that you drink enough every day. Unless your Doctor indicates otherwise, try to drink between 8 and 10 cups of fluid a day.
- Increase your fluid intake by taking jelly, sorbet (water ice), and by adding liquid and sauces to meals
- Some individuals may benefit from changing the times of day they have foods / drinks such as milk, dairy products and chocolate (e.g. not in the evening) or reducing the amount of milk, dairy products and chocolate in the diet. Substitute dairy products with soya bean or fruit based products.
- Do not have caffeinated drinks (for example, strong coffee) .
- Do not have alcohol and stop smoking.
- The following natural remedies may help to dilute your saliva:
 - Dark grape juice
 - Papaya juice
- Try papaya extract tablets – suck as required. Place under the tongue and dissolve slowly, or crush and sprinkle on the tongue to suck.
- Swab mouth with water soaked swabs or iced swabs.
- Try steam inhalation.
- Increase the moisture content of the air in your home. Open upstairs windows or position bowls of water in the bedroom or living area (if safe to do so). Place a damp towel on the radiator. You can buy a room humidifier if needed.
- After discussion with a Speech and Language Therapist, you may be advised that:
 - Sucking a sweet (for example, a sugar free boiled sweet or hard mint) can stimulate saliva production.
 - Sucking on crushed ice can help to loosen your saliva.
- If your saliva or dry mouth is causing severe problems, your Doctor may be able to prescribe medication to help. It is best not to have acidic products, and instead try mucin-based gels with neutral pH.