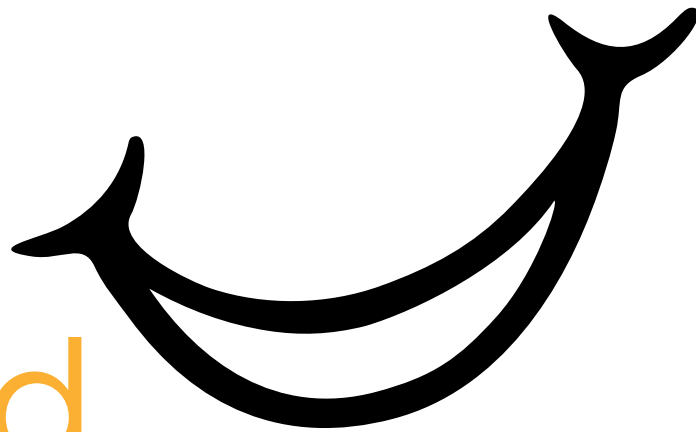


# Mouths made good by Caphosol<sup>®+</sup>



Swishing Caphosol<sup>®</sup> mouth rinse every day before beginning and during your cancer treatment helps prevent oral mucositis and treats it if it has already begun.

Caphosol <sup>®</sup>	
<b>What is it?</b>	<p>Caphosol<sup>®</sup> is a mouth rinse that is rich in both calcium and phosphate ions. It works by lubricating the mouth and making food easier to swallow<sup>1</sup></p> <ul style="list-style-type: none"><li>• Caphosol<sup>®</sup> is the only mouth rinse that is scientifically proven to help prevent, reduce the duration and the pain of oral mucositis<sup>1,2</sup></li><li>• Using Caphosol<sup>®</sup> before you start cancer treatment may reduce the severity of your oral mucositis or stop it happening altogether<sup>1</sup></li></ul>
<b>How often should I use it?</b>	At the start of cancer treatment you should use Caphosol <sup>®</sup> from 4 times per day or up to 10 times if the pain gets worse
<b>Does it have side effects?</b>	Reported side effects with Caphosol <sup>®</sup> have been rare and generally mild
<b>What should I do if I accidentally swallow it?</b>	Don't worry. No adverse effects are expected if Caphosol <sup>®</sup> is swallowed accidentally <sup>3</sup>
<b>Can I eat straight after using it?</b>	You should avoid eating and drinking for at least 15 minutes after swishing Caphosol <sup>®</sup>
<b>Will I get more saliva by using it?</b>	No, Caphosol <sup>®</sup> doesn't stimulate the production of saliva
<b>Where can I get it?</b>	Ask your doctor or nurse for a prescription or buy Caphosol <sup>®</sup> online where available. Visit <a href="http://www.caphosol.eu">www.caphosol.eu</a> to order your Caphosol <sup>®</sup>

<sup>1</sup>Caphosol<sup>®</sup> is indicated as an adjunct to standard oral care in the prevention and treatment of the mucositis that may be caused by radiation or chemotherapy  
For more information about Caphosol<sup>®</sup> visit [http://www.caphosol.eu/product\\_info\\_hcp.asp](http://www.caphosol.eu/product_info_hcp.asp)

## Caphosol®

### How do I use it?

Caphosol® is very easy to use and comes in two different coloured ampoules, which you need to mix together before swishing<sup>3</sup>

- You can use Caphosol® alongside other treatments, as there are no known interactions with other therapies<sup>3</sup>
- Caphosol® can be used between 4 and 10 times each day depending on the condition of your mouth<sup>3</sup>
- You should avoid using other mouth rinses, eating and drinking for at least 15 minutes after swishing Caphosol®<sup>3</sup>

**1** Mix the two ampoules together in a glass\*



**2** Swish with half of the liquid for one full minute



**3** Spit out



**4** Swish again with the other half for another full minute



**5** Spit out, and you're done!



\*Ampoules do not need to be poured simultaneously into a glass

For information about oral mucositis and how to manage it speak to your doctor or nurse and read the other resource factsheets available at [www.mouthsmadegood.com](http://www.mouthsmadegood.com)

#### References:

1. Papas AS *et al.* *Bone Marrow Transplant* 2003;31:705–712. 2. Haas M *et al.* 50th ASTRO congress 2008; abstract 2530. 3. Caphosol® IFU. EUSA Pharma (Europe) Limited, November 2008.