

When should I take Caphosol®?

Caphosol® should be used 4 times a day at first, but can be taken up to 10 times a day if mucositis starts to develop, as advised by your doctor or nurse.

How should I take Caphosol®?



1. Separate 1 blue container (Caphosol® A) and 1 clear container (Caphosol® B) from the pack.



2. Remove the caps of each container and combine all the contents of the containers in a glass.



3. Swirl the contents of the glass to mix. Use immediately after mixing



4. Take **half the solution** in your mouth. Do not swallow it



5. Swish and gargle the solution in your mouth **for 1 minute**



6. Spit out the solution. swish and gargle the other half of the solution **for 1 minute**

Each time you rinse with Caphosol® you should avoid eating or drinking for at least 15 minutes after use.

Patient Diary

Please complete this diary to help you keep track of any symptoms and how many times you rinse with Caphosol® each day.

Fill in the date and mark the number of times you take Caphosol® each day. In the symptom score column, rate any symptoms of oral mucositis you experience. These can include redness, mouth ulcers and pain inside the mouth. 0 = no symptoms with 5 = worst symptoms.

Please bring this diary with you when visiting your doctor or nurse.

Doctor / Nurse details

Name: _____

Contact Number: _____

Instructions for use:

Patient Comments

Information you would like to tell your doctor or nurse

For more information on Caphosol® and oral mucositis visit www.caphosol.co.uk

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Patient Diary

 **Caphosol**
Supersaturated Calcium Phosphate Rinse
Start Cancer Therapy... Start Caphosol

