Compounded formulations for symptomatic management of mucositis

There are numerous magic mouthwash preparations. Most contain at least 3 ingredients. These may include an antibiotic to reduce bacterial flora around areas of mucosal breakdown, an antifungal to stop fungal growth, a local anesthetic/pain reliever, an antihistamine for local anesthetic effect, a steroid to reduce inflammation and an antacid to enhance coating of the ingredients in the mouth.\(^4\) Note that nystatin has not been shown to be effective in treating oral fungal infections associated with oral mucositis.\(^5\)

Most formulations are used every 4-6 hours prn with instructions to hold in the mouth for 1-2 minutes then spit out or swallow. Patients should be instructed not to eat or drink for 30 minutes after use.

**Seattle Mouth Wash**

Recipe:
- Maalox 200 ml
- Lidocaine 2% Viscous 100 ml
- Diphenhydramine 12.5 mg/5ml elixir 200 ml
  (expiry date 6 months)

Dosage Instructions: (shake well)
- Adult: 15-30 ml q4h prn
- Children: 2.5-5 ml (up to 10 ml) may be swallowed, use caution if giving food within 60 minutes

**BC Cancer Agency Magic Mouth Wash**

Recipe:
- Diphenhydramine 12.5mg/5ml elixir 150 ml
- Nystatin 100,000 U/ml susp. 36 ml
- Hydrocortisone 100 mg/2ml inj vial 1 ml
- Sterile water for irrigation 313 ml
  (refrigerate, expiry date 30 days)

Dosage Instructions: (shake well)
- Adult: 15-30 ml swish and rinse or swallow q3-4 h. prn

**Pink Lady**

Recipe:
- 2 parts Maalox/Diovol (200 ml)
- 1 part Viscous Lidocaine 2% (100 ml)
  (expiry date 30 days)

Dosage Instructions:
- 15 ml q4h prn best 20 minutes prior to meals

Other medications for mucositis:
- Benzydamine (Tantum oral rinse) 15 ml held for at least 30 seconds then expelled qid prn (contains 10% ethanol so may sting or burn – may be avoided by diluting with equal parts of lukewarm water prior to use)

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\(^4\) Magic Mouthwash. Pharmacist’s Letter/Prescriber’s Letter 2007;23(7):230703