

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)

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

⁵ Chan A, Ignoffo RJ. Survey of topical oral solutions for the treatment of chemo-induced oral mucositis. J.Oncol Pharm Practice 2005; 11:139-143.