

# MOUTH PROBLEMS

## OPDIVO® (nivolumab)

*Report immediately to your oncologist's office*

### What are the symptoms?

- Mouth sores
- Dry mouth, dry or thick saliva
- Mouth pain affecting your tongue, gums, and the inner lining of the cheeks and lips

### What you should tell your oncology team member:

- When you first noticed the changes in your mouth.
- If the changes are making it difficult for you to eat, drink, or swallow.
- If you have been losing or gaining weight without trying.
- If you are waking up at night to sip water.
- If your symptoms are worsening.
- If you have had mouth or dental problems in the past.
- How much and what you are drinking each day.
- A list of medications and supplements you're taking.
- If you are using any lozenges for dry mouth.
- What else have you tried at home to manage the symptoms.

### Red flags – Call your oncologist's office immediately – if they are not available, go directly to the Emergency Room.

- If you feel weak, dizzy, confused, or have intense pain.

### Taking care of your mouth:

- Drink lots of fluids every day.
- Avoid hot, spicy, and acidic foods (such as tomatoes).
- Brush your teeth twice a day using a soft toothbrush. Avoid toothpaste with whitening agents.
- Floss once a day.
- Use a mouth rinse recommended by your oncology team or dentist one or more times a day.
- Avoid commercial mouthwashes or those that have alcohol in them as they can dry your mouth out more.
- Have regular dental checkups.