

## How will Mucosamin help?

Mucosamin has been proven to:

**Reduce symptoms** of dry mouth<sup>3,4</sup>

Provide **rapid pain relief**<sup>4</sup>

Support **Faster healing** of oral lesions<sup>2,5</sup>

A soothing mouthwash and a convenient oral spray to provide relief where you need it most.



## Where is Mucosamin available from?

If you are undergoing chemotherapy or radiotherapy for a head or neck cancer, your healthcare professional can prescribe Mucosamin Mouthwash and Oral Spray for you. Alternatively, you can buy directly from pharmacies or find online at Amazon.co.uk



On prescription



In pharmacies



Online at amazon.co.uk

### References

**1.** Arden Cancer Network. Guidelines for the Oral Care of Adults Receiving Chemotherapy Treatment. Available at: <https://www.arden.nhs.uk/mf.ashx?ID=90cead4b-7b33-44fc-8504-cf3c11ead390> (Accessed October 2019) **2.** Favia, G. et al. (2008) Accelerated wound healing of oral soft tissues and angiogenic effect induced by a pool of amino acids combined to sodium hyaluronate (Aminogam). *J Biol Regul Homeost Agents*. 2008; 22(2): 109-116. **3.** Mariggio, M.A. et al. (2009)

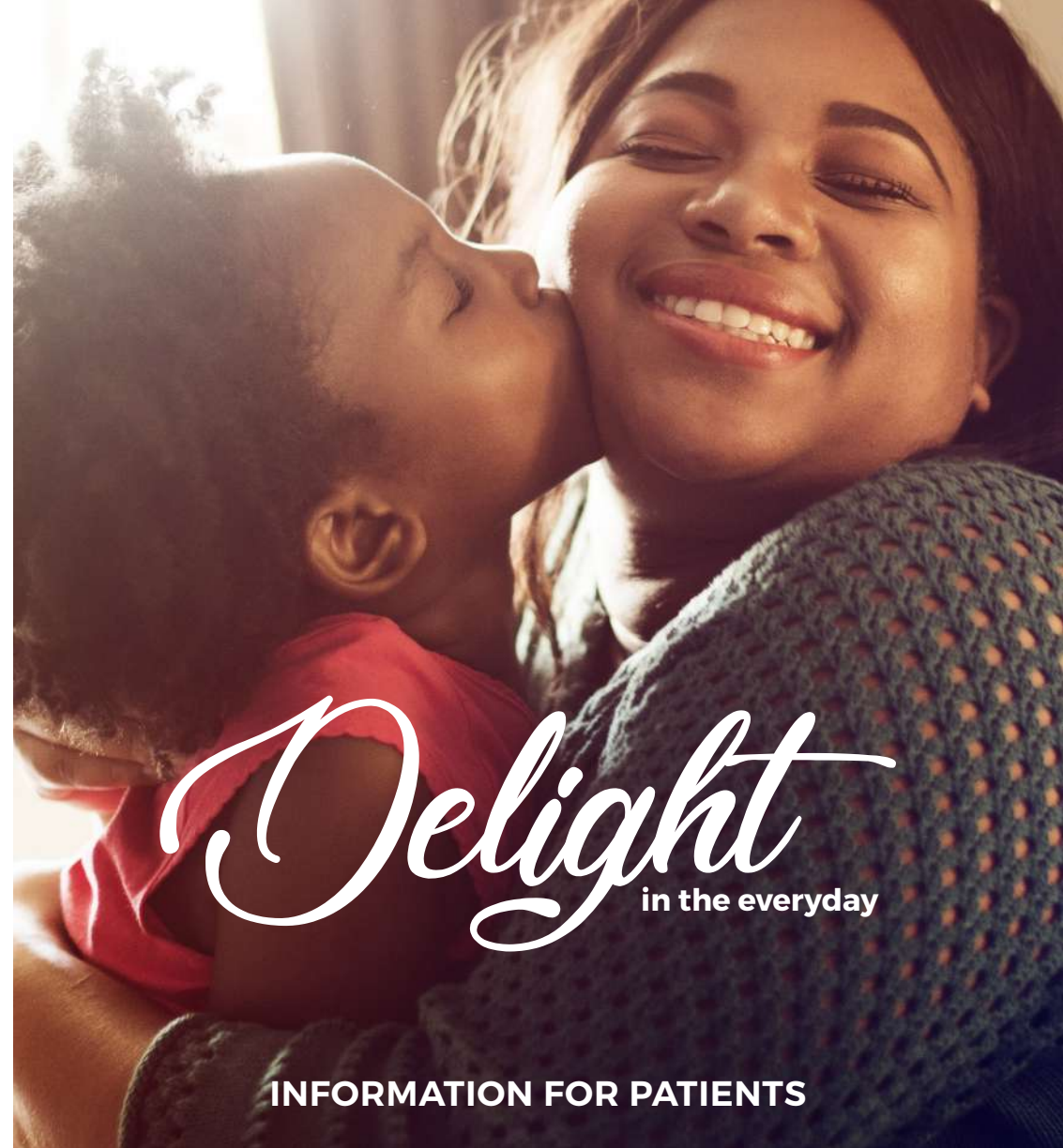
Enhancement of fibroblast proliferation, collagen biosynthesis and production of growth factors as a result of combining sodium hyaluronate and amino acids. *Int J Immunopathol Pharmacol*. 22: 485-492. **4.** Data on File 1010461483 v 1.0 October 2018 **5.** Romeo, U. et al. (2014) Oral soft tissue wound healing after laser surgery with or without a pool of amino acids and sodium hyaluronate: a randomized clinical study. *Photomedicine and Laser Surgery*, 32: 10-16.

### Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the product's package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this product.

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1010461489 v 3.0 October 2019



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in the everyday

## INFORMATION FOR PATIENTS

**Prevent, Relieve and Heal** the symptoms of Oral Mucositis

**mucosamin**  
Sodium hyaluronate + amino acids  
glycine, L-proline, L-leucine and L-lysine HCl

## What is Oral Mucositis?

Oral Mucositis (OM) is an acute inflammatory and ulcerative complication of the mucosal membrane that commonly occurs during cancer therapy. OM is one of the more significant side-effects of cancer treatment and can result from systemic chemotherapy, radiation therapy, or a combination of the two. It can cause great distress and result in profound impact on quality of life for patients.

The primary symptom of OM is intense pain, which is usually associated with ulcerative lesions. It can often cause difficulty swallowing, dry mouth and affect a person's ability to talk, eat solid foods and drink.

## Is there anything I can do to prevent it occurring?'

Unfortunately, there is not much that can be done to entirely avoid the effects that cancer treatment has on the mouth. However, while OM is not entirely preventable, there are certain steps that can be taken to ensure that the mouth is as healthy as possible while undergoing treatment.



### 1. Visit your Dentist prior to treatment

OM is worse in the presence of bacteria and other bugs. Ensure your dentist addresses any dental issues you may have before commencing treatment. Gum disease, tooth decay and infections can all increase the severity of OM.



### 2. Maintain a rigorous oral hygiene routine

A strict oral hygiene routine can help to reduce the severity of OM. Brushing your teeth, rinsing and flossing multiple times a day, in particular after eating can help to reduce the risk of infection. Start as you mean to go on and develop an effective dental routine early. This will help you stick to it during your treatment.



### 3. Stop Smoking

If you smoke, it is strongly recommended that you stop, at least during your treatment, as smoking will make it harder for your mouth to heal.



### 4. Eat well

Good nutrition is vital for healthy living and it's particularly important when undergoing treatment for cancer. Vitamins and minerals play a key role in helping to reduce the harmful impact of radio and chemotherapy, as well as helping your body to fight infection. It is also advisable to avoid spicy or acidic foods and also foods with a crunchy or coarse texture, as all of these can irritate your mouth and gastrointestinal tract.

## How to use Mucosamin mouthwash and oral spray

### Mouthwash

Mucosamin Mouthwash is designed to become part of your daily routine, before and throughout your treatment, to help protect the sensitive mucosal layer in your mouth. Use 5-10ml of the Mucosamin Mouthwash each time, keep it in your mouth for around 1 minute and avoid rinsing with water afterwards. It's recommended that you repeat this process 3-4 times each day.

### Oral Spray

It's not always practical to carry the bottle of mouthwash around with you and there'll be times when you need to relieve a particular area in your mouth. Mucosamin Oral Spray comes in a small and convenient bottle with a long nozzle to help you get to those hard-to-reach parts. It's recommended that you use it around 3-4 times each day, so you can keep it with you for when you need it.

### In Combination

Mucosamin products can also be used together to provide a convenient and effective way to help you with the effects of cancer therapy. In this case, Mucosamin Mouthwash is recommended for use alongside your daily dental routine. You can carry Mucosamin Oral Spray with you for relief as you need it throughout the day.

#### Mouthwash

For use alongside your daily dental routine.



5-10ml

#### Oral Spray

For fast, targeted relief when and where it's needed.

