

April 2019 ~ Resource #350404

Magic Mouthwash Recipes

The following chart lists examples of “magic mouthwash” recipes. These may be prescribed to reduce oral pain from oral mucositis, etc. Magic mouthwash should be held or swished in the mouth for one or two minutes before being spit out or swallowed (see footnote e). In general, patients should then avoid eating or drinking for 30 minutes.^{1,2} Magic mouthwashes are discouraged for widespread use in cancer patients with mucositis, because they don't seem to be more effective than simple salt/baking soda rinses (e.g., one teaspoon of table salt in 32 oz [~1 L] of water, with or without one teaspoon to two tablespoons of baking soda [sodium bicarbonate]).^{3,19,20,21} However, doxepin or morphine mouth rinses may be helpful for mucositis in some cases (recipes included below).^{3-5,9,12,13}

Ingredients ^{a-d}	Amount
Diphenhydramine 12.5 mg/5 mL	1 part
Viscous lidocaine 2%	1 part
<i>Maalox</i>	1 part
Swish, gargle, and spit 5 to 10 mL Q6H PRN ⁷	
OR spit or swallow ^e 30 mL Q2H PRN (severe mucositis) ⁶	
<i>(NCI cocktail, Xyloxadryl, or BMX;^{6,7,12,15} also commercially available as a compounding kit, First-Mouthwash BLM [with simethicone])</i>	
Diphenhydramine	0.45 g
Hydrocortisone	0.06 g
Nystatin powder	1.2 g
Tetracycline	1.5 g
Total volume 240 mL ¹ (<i>Mary's Mouthwash</i>) ¹	
Hydrocortisone	60 mg
Nystatin	Susp 30 mL
	OR Powder
	3 million units
Diphenhydramine 12.5 mg/5 mL	QS 240 mL
<i>(Duke Magic Mouthwash)^{7,8}</i>	
Cherry-flavored <i>Kool-Aid</i> mixed with 2,000 mL distilled water (sugar-free)	100 mL
Viscous lidocaine 2%	100 mL
Nystatin suspension	100 mL
Swish, hold, and spit or swallow ^e 30 mL Q4H ⁶	
<i>(Koolstat)⁶</i>	
Viscous lidocaine 2%	150 mL
Diphenhydramine 12.5 mg/5 mL	20 mL
Hydrocortisone	100 mg
Tetracycline	2 g
Nystatin suspension	20 mL
Swish, hold, and swallow ^e 15 to 30 mL every 4 to 6 hours ⁶ (<i>Mile's Solution</i>) ⁶	

Ingredients ^{a-d}	Amount
Nystatin suspension 100,000 U/mL	42 mL
Viscous lidocaine 2%	50 mL
Hydrocortisone 10 mg tablet	5 tabs
Glycerin (to dissolve hydrocortisone)	4 mL
Sodium chloride 0.9% for injection or irrigation	QS 200 mL
<i>(Dr. Akabutu's Mouthwash)¹⁶</i>	
Viscous lidocaine 2%	50 mL
Diphenhydramine 12.5 mg/5 mL	50 mL
Sodium bicarbonate 1 mEq/mL	100 mL
Normal saline	500 mL
Swish and spit 15 to 30 mL four to six times daily. ¹⁵	
Diphenhydramine 12.5 mg/5 mL	120 mL
Nystatin suspension	30 mL
Dexamethasone	2.25 mg
Tetracycline	0.5 g
Distilled water	QS 203 mL
<i>(Noll's Solution)¹⁷</i>	
<i>Maalox</i>	1 to 3 parts
Viscous lidocaine 2%	1 part
<i>(Pink Lady)^{16,17}</i>	
Doxepin 10 mg/mL	2.5 mL
Sterile or distilled water	2.5 mL
<i>(Doxepin 0.5% mouth rinse)⁹</i>	
Swish, gargle, and spit 5 mL Q4H PRN ¹⁴	
Morphine chlorhydrate	2,000 mg
Purified water	1,000 mL ¹¹
<i>(Morphine 0.2% mouth rinse)^{12,13}</i>	
Swish and spit 15 mL Q3H PRN ^{12,13}	

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- a. Elixirs can cause stinging due to alcohol content. Consider using powder from injectable, tablets, or capsules instead.⁷
- b. Some U.S. clinicians have found that *Kaopectate* solidifies when mixed with other ingredients because it contains bismuth. Consider this if using *Kaopectate* in place of *Maalox*. (Canadian *Kaopectate* doesn't contain bismuth.)^{7,18}
- c. There is not sufficient evidence to use empiric antimicrobials, steroids, or sucralfate in mouthwashes for oral mucositis in cancer patients.^{3,10}
- d. Per USP standards, **oral** mixtures (i.e., swallowed) with water should have a beyond-use date no longer than two weeks (refrigerated) and **mucosal** mixtures with water (i.e., not swallowed) should have a beyond-use date no longer than 30 days (room temp).^{11,24}
- e. Swallowing these formulations (for ulcers that extend into the pharynx or esophagus) may lead to systemic absorption of ingredients.^{19,22} Swallowing viscous lidocaine may adversely affect the gag reflex.²³

Users of this resource are cautioned to use their own professional judgment and consult any other necessary or appropriate sources prior to making clinical judgments based on the content of this document. Our editors have researched the information with input from experts, government agencies, and national organizations. Information and internet links in this article were current as of the date of publication.

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