



- 1) **Rinse/Gargle:** Oral saline/bicarbonate rinses help with oral hygiene and the reduction of thick secretions. Begin using this **20 times per day** and increase as your phlegm increases.

1 pint of room temperature water  
 1 tsp. salt  
 1 tsp. baking soda

**\*\*Keep rinse at different sinks around the house. Have a travel container to use for rinsing when away from home. Rinse, gargle, and spit. You would be better off making this by the gallon. There are 8 pints to a gallon, so you can multiply the recipe by eight.**

- 2) **Gabapentin (Neurontin):** Gabapentin is frequently prescribed to reduce neuropathic pain in a variety of settings. This medication is intended to prevent and control pain from your treatment. You should take **300 mg** to start. However, take this dose **once** on the first day, **twice** on the second day. Begin taking three 300 mg doses on the third day. If well tolerated, you should continue to escalate the dosage as below: **\*\*Once you reach 1200 mg 3x a day, continue this dose throughout the rest of treatment. Liquid formulations are available if needed.**

	Day 1	Day 2	Day 3	1st escalation (Day 4)	2nd escalation (Day 5)	3rd escalation (Day 6)	4th escalation (Day 7)	5th escalation (Day 8)	7th escalation (Day 9)	8th escalation (Day 10)	9th escalation (Day 11)	FINAL (Day 12- end of treatment)
Breakfast	x	300mg	300mg	300mg	300mg	600mg	600mg	600mg	900mg	900mg	900mg	1200mg
Lunch	x	x	300mg	300mg	600mg	600mg	600mg	900mg	900mg	900mg	1200mg	1200mg
Dinner	300mg	300mg	300mg	600mg	600mg	600mg	900mg	900mg	900mg	1200mg	1200mg	1200mg

- 3) **BMX:** This liquid medication (**Benadryl, Maalox, and Xylocaine**) is used to relieve pain in the mouth and throat for a short period of time (15 minutes). We recommend patients use this when they have mouth and throat pain associated with radiation treatments. We recommend taking this medication **3 minutes before meals (to help them swallow) and at bedtime.**
  - Swish and swallow- You can swallow this medication up to 4x per day
  - Swish and spit- You can do this between 8-12x per day
  - Topical application onto sore areas in the mouth- You can apply BMX onto sponge sticks (provided) and then onto the sore areas in the mouth throughout the day as needed for pain. This gives you pain relief without making your whole mouth numb.
- 4) **Ibuprofen / Acetaminophen:** If patients are having pain not controlled with the above regimen, we recommend starting alternating Ibuprofen 400 mg and Tylenol 1000 mg (IE Ibuprofen 400 mg and 4 hours later, take Tylenol 1000 mg). This can be repeated every 6-8 hours however maximum recommended daily dose of Acetaminophen is 3000 mg. Formulations are available in liquid if needed
- 5) **Methadone:** Pain control can be difficult towards the end of treatment. For those whose pain is not adequately controlled non-opiate pharmaceuticals, we recommend starting Methadone 2 mg TID and increasing if needed to 5 mg TID. This should be available in liquid formulation if needed (1 mg / mL).

**\*\*\* When weaning pain medications, we recommend starting with the reverse of the order added. For example, as Methadone is the last medication added, weaning should begin with Methadone. Gabapentin weaning should be done in the reverse order of escalation as per the table above.**