

Three large, thick, green curved lines on the left side of the page, resembling a stylized 'C' or a series of arcs. The top arc is the largest, the middle one is smaller, and the bottom one is the smallest.

Lidocaine 2% Mouthwash

Chemotherapy, Immunotherapy,
and Supportive Medicines

A guide for patients and carers

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This leaflet contains important information about your medicine, please read it carefully. If you have any questions, contact your doctor or hospital pharmacist.

What ingredients are in this mouthwash?

Each 100ml bottle of mouthwash contains the active ingredient lidocaine hydrochloride BP.

Other ingredients are: modified food starch, sucralose, simethicone, calcium carbonate, citric acid, sodium citrate, sodium benzoate, purified waters, cherry flavour and malic acid

Why have I been prescribed this mouthwash?

Chemotherapy and/or radiotherapy can cause the lining of your mouth to become very sore, and small ulcers may form. Soreness and ulceration of the lining of the mouth is known as mucositis and can be very painful.

Lidocaine is a local anaesthetic which can numb your mouth and throat and so relieve the pain of mucositis.

If any of the following apply to you, please let your doctor know so that they can decide if you may carry on with this treatment:

- You are acutely ill or elderly (you will be more sensitive to lidocaine)
- You suffer from any heart problem, particularly if it affects the heart rate
- You suffer from fits (epilepsy)
- You have ever had an allergic reaction to local anaesthetic e.g. a skin rash or breathlessness or collapse
- You suffer from any liver disease or kidney problems
- You have porphyria (a rare inherited disease that affects the skin and nervous system)
- You are pregnant, likely to become pregnant or are breast-feeding

Do not use this mouthwash if you are allergic to lidocaine, amide type anaesthetics or any of the ingredients listed in this leaflet or on the product label.



How do I use this mouthwash?

- Use the mouthwash as prescribed
- Shake the bottle well before use
- Measure out the required amount in a measuring cup provided by pharmacy
- Swirl around and hold the mouthwash in your mouth for as long as possible
- Spit out or swallow the mouthwash depending on the instructions from your doctor
- Do not drink water or other liquids straight after you use the mouthwash, as this will reduce the amount of pain relief you get from the medicine
- Remember your mouth will be numb after using the mouthwash
- Be careful not to injure your mouth or burn it with hot food / drink. Also, if your throat is numb take extra care when eating / drinking to avoid choking
- The doctor will tell you how often to use it. This will depend on how much pain you are in and how long the pain numbing effect lasts
- The treatment will carry on for as long as you need it
- If you miss a dose, use it when you remember. Do not use any extra doses

How will I know if the mouthwash is working?

You will feel less pain.

What are the benefits of using this mouthwash?

The aim is for you to be in less or no pain.

There are other medicines available. Tell your doctor if you want to try other treatments.

What if I don't use this mouthwash?

Tell your doctor, as your pain may get worse.

What side effects does this mouthwash have?

It is useful to know about possible side effects but you may not notice any of these.

Allergic reactions to this product are rare (affecting approximately 1 in 1,000 to 1 in 10,000 patients who use the product). Signs may include swelling of the mouth and face, itching, rashes and trouble breathing.

If these occur, stop using the product and call your doctor or hospital straight away. This may require emergency treatment in hospital.



Side effects are very uncommon (affecting approximately 1 in 100 to 1 in 1,000 patients who use the product) but may include: nervousness, tremor, blurred or double vision, feeling dizzy or unsteady, drowsiness, convulsions (fits), feeling or being sick, breathing problems, a slow heartbeat or low blood pressure.

Let your doctor know about any side effect that becomes more serious or persists, and also any side effect not stated in this leaflet.

What do I do if I use too much mouthwash, or if a child uses my mouthwash?

Call your doctor or hospital straight away. This may require emergency treatment in hospital. When seeking medical attention make sure that you take this leaflet and any remaining medicine with you to show to the doctor.

Can I use other medicines whilst I am using this mouthwash?

Some medicines are not suitable to be taken whilst using this mouthwash. Tell your doctor about any other medicines that you are taking, including those bought from a shop or pharmacy and herbal or vitamin products.

Where should I store my mouthwash?

Store the bottle in a cool place (below 25°C) and out of direct sunlight.

Keep out of the reach and sight of children.

If a doctor tells you to stop using this mouthwash, or you no longer need it, return it to any pharmacy.

When does the mouthwash expire?

On the label there is an expiry date.

Do not use the mouthwash after this date.

If you use the mouthwash after the expiry date has passed, it may not work very well. Take any out of date mouthwash to a pharmacy for disposal.

What is a product licence?

Lidocaine mouthwash does not currently hold a product licence.

A government department, the Medicines and Healthcare Products Regulatory Agency (MHRA), issues product licences. In order to obtain a licence, the manufacturer or importer of a medicine provides evidence to the MHRA to show that the medicine works for the illness to be treated, does not have too many side effects and is made to a high standard.



Obtaining a licence takes a long time and can be very expensive.

Lidocaine mouthwash does not have a product licence because the manufacturer has not yet applied for one.

Doctors may prescribe medicines that do not have a product licence.

Your doctor is aware that lidocaine mouthwash does not hold a product licence for this use but feels that it may be of help to you.

How do I obtain further supplies?

Lidocaine mouthwash can only be obtained from the hospital; your doctor will issue a prescription when you come for an outpatient appointment.

Notes



How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

References for this leaflet can be obtained by telephoning 0151 556 5570.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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