

Thick Saliva and MND

Thick saliva

Saliva may become thick and sticky.

It might feel like saliva is sticking in the back of your throat and it is hard to cough and clear out.

Thick secretions can make talking, eating or breathing more difficult.

What to do:

- Increase your fluid intake to ensure adequate hydration.
- Steam inhalation can decrease the thickness of mucus and help to loosen secretions so that you can cough them out.
- Have sips of fluids to help wash down saliva.
- Maintain good oral care and ensure your teeth and tongue are cleaned regularly.
- Rinse your mouth with a bicarb soda solution before and after a meal – try 1/4 teaspoon bicarb soda and 1 cup of warm water.
- Choose soft and moist foods such as well cooked pasta with extra sauce.
- Consume beverages that are slightly tart or carbonated during mealtimes which may help to thin secretions (e.g., soda water, lemonade).
- Reduce dairy products as they increase mucous production.
- Position your pillow so you sleep with your head slightly raised. This may prevent thick saliva from pooling at the back of your throat.
- Saline nebulisers may help to thin secretions – Talk to your physiotherapist about this.
- Cough assist machines may help to cough and clear thick secretions – Talk to your physiotherapist about this.



Natural therapies:

- Sips of dark grape juice or pineapple juice before or with a meal help to break down the mucus
- Papaya enzyme can help thin secretions – try papaya tablets from the health food store.
- For further information refer to the Natural Remedies Handout or watch the video below



Watch these videos:

- Mouthcares
- Humidification
- Natural Remedies



<https://metronorth.health.qld.gov.au/rbwh/healthcare-services/neurology/motor-neurone-disease>

Speech Pathologist: _____

Date: _____