

Managing Esophagitis

Esophagitis is an inflammation of the lining of the esophagus (the swallowing tube that carries food from the throat to the stomach). Esophagitis may be caused by radiation. Symptoms of esophagitis include difficulty and/or painful swallowing, heartburn, or a sensation of something being stuck in the throat. If you are suffering from esophagitis, it is very important to continue eating and drinking to maintain your weight and avoid dehydration. Please follow the recommendations below in the order given, starting with Step 1. If your esophagitis is not controlled by the recommendation, continue with that recommendation and proceed to the next step

Step 1: Modify Your Diet

- Eat small, frequent meals.
- Drink plenty of fluids. Drinking through a straw can make swallowing easier.
- Avoid alcohol, spicy foods, and caffeine.
- Avoid hard foods, such as nuts, crackers and raw vegetables.
- Eat soft foods such as applesauce, cooked cereals, mashed potatoes, custards, puddings and high-protein shakes.
- Avoid foods and beverages that are high in acid, such as tomatoes, oranges, and grapefruits.

Step 2: Use Magic Mouthwash, a prescription medication

- Magic Mouthwash is a mixture of several medications (Viscous Lidocaine, Benadryl, and Maalox) that can help to soothe and numb sore areas.
- Instructions: Slowly sip and swallow 2 teaspoons prior to each meal and at bedtime.
- Wait a few minutes after using Magic Mouthwash before eating or drinking.

Step 3: Take pain medication

- If the dietary changes and mouthwashes outlined above do not adequately manage your pain, then it may be necessary for you to take pain medication. Please talk to your nurse or physician.