



gelX[®]
ORAL SPRAY

Oral Mucositis

Symptoms, Causes &
How to manage the condition



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What is Oral Mucositis?

Oral Mucositis is a painful inflammation of the lining of the mouth and throat (oral mucosa) and is **one of the most common complications of radiation and chemotherapy cancer treatments**. It is extremely painful and debilitating for patients and has a **serious impact on their Quality of Life**.^{1,2}



Symptoms³

Symptoms	Oral Mucositis Grade
No mucositis symptoms yet present	Grade 0
Soreness and/or erythema (the medical term for redness of the skin caused by injury or inflammation)	Grade 1
Erythema and ulcers present Solid food can be swallowed	Grade 2
Ulcers with extensive erythema Solid food cannot be swallowed	Grade 3
Severe oral mucositis Unable to eat or drink	Grade 4

Causes

Oral Mucositis is one of the most common complications of radiation and chemotherapy cancer treatments, and can lead to debilitating consequences such as malnutrition, psychological symptoms, poor quality of life, infections, and interruption of therapy.^{1,2}

Oral mucositis generally begins 7-10 days following the initiation of chemotherapy and lasts anywhere from one week to six weeks or more.⁴

Severe cases of oral mucositis can interrupt your cancer treatment schedule if not properly addressed.



Complications^{5,6}

Oral Mucositis can lead to complications, including:



Severe pain and inflammation



Increased risk of infections



Malnutrition as a result of restricted oral intake



Dehydration



Difficulty speaking



Increased use of prescription opioids



Interruption of therapy



Increased length of hospitalisation and overall cost of treatment

Oral Mucositis: Preventative Steps^{2,5,6}

In some cases, it may not be possible to stop mucositis from occurring, but there are steps you can take before beginning radiation or chemotherapy treatment to help alleviate its side effects and symptoms:

DO

- ✓ Speak to your healthcare professional
- ✓ Maintain a good oral care regimen
- ✓ Avoid products that irritate the gums and mouth, such as products containing alcohol
- ✓ Increase your fluid intake
- ✓ Moisturise your lips
- ✓ Suck on crushed ice or ice lollies
- ✓ Eat soft, moist foods, like soup, jelly or soft fruit, or try adding gravy or sauces to meals
- ✓ Leave out dentures wherever possible if you wear them, and keep them clean and moist even when you're not wearing them

DON'T

- ✗ Do not use mouthwashes from shops without speaking to a pharmacist, nurse or doctor – they might irritate your mouth
- ✗ Do not take painkillers without speaking to a pharmacist, nurse or doctor
- ✗ Do not eat crunchy, rough or sharp foods like crisps
- ✗ Do not eat spicy or acidic foods, as these can cause irritation
- ✗ Do not eat hot foods, as these can also irritate your mouth – try eating your meals warm or cool
- ✗ Do not drink fizzy drinks or alcohol
- ✗ Do not smoke

Using a protective oral spray can also help to prevent oral mucositis or reduce the severity of the condition. GelX[®] is clinically proven in the prevention and soothing of cancer-therapy-induced oral mucositis in both children and adults.^{7,8,9}

About GelX[®]

GelX[®] is an oral spray, designed to protect the mucous membranes within the mouth. It is indicated for the prevention and treatment of oral mucositis and suitable for use in all ages and all ethnic cultures.¹⁰

How does it work?

GelX[®] works by providing a barrier to protect oral membrane tissue. The active ingredients Polyvinylpyrrolidone, Zinc Gluconate and Taurine block exposed nerve endings and coat oral lesions to soothe and relieve pain.^{7, 10, 11}

This helps you to cope with oral mucositis and complete your long-term treatment goals.⁷

**IT HELPS ME
EAT TALK,
& SMILE**



Clinically Proven

- ✓ Prevention of oral mucositis was achieved in 37.24% of patients using GelX[®] as part of their cancer treatment. Of the remaining patients who did experience oral mucositis symptoms, 93.4% had a complete remission of their symptoms.⁷
- ✓ GelX[®] reduces the need to interrupt chemotherapy or radiotherapy treatment due to oral mucositis.⁷
- ✓ The use of GelX[®] in the prevention and soothing of cancer-therapy-induced oral mucositis has been clinically proven in children and adults suffering from a variety of malignancies.^{7,8,9}

gelX[®]
ORAL SPRAY

93.4%

of patients using GelX[®] spray during their cancer treatment had a complete remission of oral mucositis symptoms⁷



How to get GelX[®]?



- GelX[®] is available on prescription following consultation with your healthcare professional.
- GelX[®] is available to buy from your local pharmacy.

For more information, visit gelxuk.com or scan the QR code below.

Scan me

1. Open the Camera (iPhone) or QR Code reader (Android) on your phone.
2. Point your phone at the QR Code below.
If necessary, press the button & you will be directed to the website.



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Prescribing Information

GelX® Oral Spray is listed in Part IXA of the NHS Drug Tariff (part III of the Northern Ireland Drug Tariff) and may be prescribed.

Name	Item Size	Pack Size	PIP Code
GelX® Oral Spray	100ml	1	413-6198



Adverse Incidents Reporting

Adverse incidents should be reported. Reporting forms and information can be found at: www.mhra.gov.uk/yellowcard.

Adverse incidents should also be reported to Galen Limited on 028 3833 4974, and select the customer services option, or e-mail customer.services@galen-pharma.com.

Medical information enquiries should also be directed to Galen Limited.

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