

WHEN Do I Rinse My Mouth After Taking Asthma Medication?

Some medications used to control asthma may cause thrush in your mouth or throat if you do not rinse your mouth with water.


Check with your health care provider to know which asthma medications you are taking that require rinsing your mouth to prevent thrush.

If your health care provider has prescribed an asthma medication that requires you to rinse your mouth after using your medication, rinse your mouth **every** time. **FOLLOW THESE STEPS:**

1. Fill a cup with water and take a full sip into your mouth.
2. Swish the water around in your mouth for about 30 seconds.
3. Spit out all of the water to remove all the medication from your mouth and throat.
4. Wipe your mouth with a moist cloth after rinsing to remove any medication around the mouth.
5. If you are using an inhaler or nebulizer with a mask, you also need to wipe the area that was covered by the mask to remove all medication from around the mouth and face.



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