

OM1 antimicrobial mouth rinse

This leaflet aims to answer your questions about using OM1 antimicrobial mouth rinse to treat your mouth infection. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is OM1 mouth rinse?

It is an antimicrobial rinse that is used in the treatment of certain mouth infections. The doctor will explain in more detail why they have prescribed this treatment for you.

Taking an unlicensed medicine

The mouthwash is manufactured at the hospital pharmacy and therefore is known as 'unlicensed'. The leaflet, **Unlicensed medicines – a guide for patients**, has more information about unlicensed medicines. If you would like a copy, please ask your doctor, nurse or pharmacist. Alternatively you can call the pharmacy medicines helpline – contact details are at the end of this leaflet.

How do I use the mouth rinse?

This medicine comes as two separate liquids that need to be mixed before use. It can be used either as a mouth rinse or for swabbing the lips – your doctor will explain which you should do to treat your infection. Please follow the instructions on the label and below.

How to use as a mouth rinse:

1. Stand both containers on a level surface.
2. Carefully pour 7.5mLs of solution A into the container labelled A and 7.5mLs of solution B into the container labelled B.
3. Mix the two solutions together in the large measuring cup.
4. Immediately after mixing, use all of the mixed solution to rinse your mouth. Swish the solution vigorously around your mouth for 60 seconds and then spit it out (**do not swallow**).

How to use for swabbing lips:

1. Stand both containers on a level surface.
2. Carefully pour 5mLs of solution A into the container labelled A and 5mLs of solution B into the container labelled B.
3. Mix the two solutions together in the large measuring cup.
4. Immediately after mixing, dip a cotton wool ball into the mixed solution and wipe over the entire lip area.

In either case, the solution should be used within two minutes of mixing. Ensure that the containers are thoroughly dry before use (wipe them dry with clean tissue paper if necessary). Once you have finished using the containers, rinse them in water and leave them upturned to dry thoroughly before their next use.

How often and for how long should I use the mouth rinse?

You should use the mouth rinse twice daily, and up to four times a day if you are using it for swabbing the lip, unless the hospital doctor tells you otherwise. Your doctor will let you how long you need to use it for, as this will depend on the condition being treated. Please follow the instructions they give you.

What if I miss a dose?

If a dose is missed, use the mouth rinse as soon as you remember. If it is near the time of the next dose, then miss out the dose that you forgot and continue with the next dose as normal.

Are there any side effects?

There are no known side effects for patients using OM1 mouth rinse. If you think you may have developed a side effect after using the mouth rinse, please contact your hospital doctor.

It is possible that OM1 mouth rinse could interact with other hygiene products or medicines taken orally (by mouth). Because of this, you should not take any oral medicines or use toothpaste or any other mouthwash within 10 minutes of using the OM1 mouth rinse.

There is no reason for you to stop using OM1 mouth rinse if you are pregnant.

What should I do if I accidentally swallow the mouth rinse?

If you accidentally swallow all or part of the rinse dose, drink a glass of water. However, no adverse effects are expected.

How do I store the mouth rinse?

You need to store the solutions at room temperature, away from direct sunlight and heat. You also need to keep them out of the reach and sight of children.

Do not use the mouth rinse solutions after the expiry date, which is printed on the container. If you have any left after this date, you may dispose of it down the sink.

How do I get a repeat prescription?

You can only get this mouth rinse from the outpatient pharmacies at Guy's and St Thomas' hospitals. You should be given enough to last you until your next appointment. If however you run out before then, contact your hospital doctor on the number below.

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Contact us

If you have any questions or concerns about the mouthwash, please contact Pam Chart, oral medicine secretary, on 020 7188 4399 (Monday to Friday, 9am to 3.30pm).

Out of hours, please telephone 0207188 4399 and leave a message on the ansaphone, leaving your name and telephone number. We will then arrange for one of the oral medicine clinicians to contact you by telephone to answer your queries.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's

e: pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

Leaflet number: 2521/VER4

Date published: February 2014

Review date: February 2017

© 2014 Guy's and St Thomas' NHS Foundation Trust