

University Dental Hospital of Manchester
Oral Medicine Department

Information for Patients

Prednisolone (Sodium Phosphate) 5mg soluble tablets used as a mouthwash

What are the aims of this leaflet?

This leaflet has been written to help you understand more about Prednisolone tablets and how they are used as a **mouthwash**.

What are Prednisolone soluble tablets and what are they used for?

Prednisolone soluble tablets belong to a group of medicines called corticosteroids ('steroids'). Steroids work by reducing inflammation, swelling and irritation in your mouth. Prednisolone soluble tablet used as a mouthwash may help reduce inflammation and pain in your mouth, and speed up the healing process.

What mouth conditions are treated with Prednisolone soluble tablets?

Prednisolone soluble tablets can be used for the treatment of mouth conditions that cause soreness such as mouth ulcers and oral lichen planus. They are commonly prescribed by many of the oral medicine departments in the United Kingdom.

How do I use Prednisolone soluble tablets as a mouthwash?

1. Dissolve one tablet in 10-20mls of water (two to four teaspoons) to make up a mouthwash.
2. Swirl the mouthwash around your mouth for 5 minutes before spitting out. **Do not swallow the contents.**

How often and at what time of the day should I use Prednisolone soluble tablets as a mouthwash?

1. Use up to a maximum of 4 times per day, ideally after mealtimes and after you have brushed your teeth last thing at night.
2. Do not eat or drink for at least 30 minutes after use and then rinse your mouth with water.

What are the potential risks and side effects of using Prednisolone soluble tablets as a mouthwash?


When used correctly this medicine rarely causes side effects. However, as with all medicines, some patients experience side effects. Burning or stinging is quite common in the first few days of treatment. This usually clears up. Some people occasionally develop thrush in their mouth and find that their mouth becomes sore. If this happens, a course of antifungal treatment will clear the thrush.

We would like to acknowledge the British Society of Oral Medicine who published the original version of this leaflet.

Further Information

If you require any further information or advice you can contact the department:

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 Tel: (0161) 393 7732. The department is open Monday to Friday, 9.00 am to 5.00 pm.