

Gargle Solutions

Milk of Magnesia

Turn bottle upside down – take the contents from the lid and swallow to coat the back of the throat. Use as needed for pain.

2 tsp Benadryl/ 2 tsp Water

Gargle; either spit or swallow

Gargle with warm salt water

1 pint of water 2 tsp salt – 2 tbsp baking soda – gargle and spit