

Managing Metallic Taste During Pregnancy



Your dentist may try the following to help you get rid of the metallic taste from your mouth during pregnancy.

Examine the tongue and oral cavity to rule out fungal or other infections.



Deep cleaning and polishing of your teeth.



Treat the decayed teeth that may be emitting a foul odor.

Teach a proper brushing and flossing technique.

Prescribe a sugar-free minty gum and pregnancy-safe mouthwash.



Rule out other conditions that may lead to foul smell and taste from the oral cavity.



You may ask your Ob/Gyn to prescribe an alternative iron supplement as the supplement may cause a metallic taste in the mouth.