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Metallic taste

A metallic taste is not usually serious. Treatment depends on the cause.

Common causes of metallic taste

There are many causes of metallic taste.

Common causes include:

- gum disease
- side effects of medicines or cancer treatment
- colds and other viral infections
- indigestion
- pregnancy

Sometimes a metallic taste can be linked to a [problem with your sense of smell](#).

Things to improve metallic taste

What you can do to improve the metallic taste depends on the cause.

Metallic taste is often temporary and may not need treatment.

For example, if the cause is:

- pregnancy
- colds, sinus infections or airway problems
- [indigestion](#) - the taste goes away if you treat indigestion

Gum disease

To prevent a metallic taste caused by gum disease:

- regularly brush your teeth
- use dental floss
- have a dental check-up every 6 months

Medicines and cancer treatment

Metallic taste can be a side effect of:

- some medicines, such as metronidazole
- cancer treatment, such as chemotherapy or radiation therapy

If your medicine causes a metallic taste, ask a pharmacist for advice. Do not stop taking a prescribed medicine without medical advice.

To manage taste changes, you can try to:

- eat strong tasting food, such as ginger or spices
- use chewing gum or boiled sweets
- use plastic cutlery

Contact your GP if

you had a dental check up and the metallic taste:

- does not go away
- has no obvious cause

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