**Step 1 - Resting Flow Rate:**
Visually assess the lower lip labial secretion. Evert the lower lip, gently blot the labial mucosa with the small piece of gauze and observe the mucosa under good light. Droplets of saliva will form at the orifices of the minor glands. If the time taken for this to occur is greater than 60 seconds, the resting flow rate is below normal.

- Greater than 60 seconds: Resting flow rate **Low**
- Between 30-60 seconds: Resting flow rate **Normal**
- Less than 30 seconds: Resting flow rate **High**

**Step 2 - Salivary Consistency:**
Visually assess the resting salivary consistency in the oral cavity.

- Sticky frothy saliva: **Residues**
- Frothy bubbly saliva: **Increased Viscosity**
- Watery clear saliva: **Normal Viscosity**

**Step 3 - Testing pH - Resting Saliva:**
Instruct the patient to expectorate (spit) any pooled saliva into the collection cup. Take the enclosed pH strip, place one end of it into the sample of resting saliva for 10 seconds and then check the color of the strip (be sure to save the other end of the pH Strip for step 5). Highly acidic saliva will be in the red section, pH 5.0 - 5.8. Moderately acidic saliva will be found in the yellow section, pH 6.0 - 6.6. Healthy saliva will be in the green section pH 6.8 - 7.8.

**Results:**
Compare the color of the test strip while the paper is still moist. Note the pH reading and record the results.

**Note:**
Discard saliva and keep cup for Step 4.

**Step 4 - Testing Quantity - Stimulated Saliva:**
Ask the patient to chew the supplied piece of wax. After 30 seconds, ask the patient to expectorate (spit) into the collection cup. They should then continue chewing the wax for an additional 5 minutes, expectorating every 15 - 20 seconds in the cup provided. It is preferred that you leave the patient alone in the room while they collect saliva. Measure the volume of liquid in the cup excluding froth and record the result. Keep saliva for Steps 5 and 6.

- **Volume of Saliva/Value**
  - <3.5mL: **Very Low**
  - 3.5 - 5.0mL: **Low**
  - >5.0mL: **Normal**

**Step 5 - Testing pH - Stimulated Saliva:**
Take the pH test strip and place the unused end into the sample of saliva for 10 seconds and then check the color of the strip. This should be compared with the chart in Step 3. Highly acidic saliva will be in the red section, pH 5.0 - 5.8. Moderately acidic saliva will be found in the yellow section, pH 6.0 - 6.6. Healthy saliva will be in the green section, pH 6.8 - 7.8.

**Step 6 - Testing Buffering - Stimulated Saliva:**
Open the buffer test foil pack. Use the pipette to draw up some saliva from the cup. Dispense 1 drop from the cup onto each of the 3 test pads. Turn the test strip on its side to drain excess saliva onto a tissue. After 2 minutes, compare the color of each pad with the table below, total the 3 scores and record the results.

- **Buffering Ability**
  - Green = 4 points
  - Green/Blue = 3 points
  - Blue = 2 points
  - Blue/Red = 1 point
  - Red = 0 points

(Results will be most accurate if patient avoids eating or drinking one hour prior to testing)
Saliva-Check BUFFER
Test for Saliva Quality, pH and Buffering Capacity

Saliva testing is an examination tool that you can use to educate the patient, assist in preventive treatment planning and use to initiate changes in the patient’s oral hygiene. Saliva plays a significant role in maintaining oral health and is the body’s natural caries defense. Understanding patients’ saliva characteristics can give the dental professional valuable information to determine treatment choices and strategies.

- Identify, measure and assess patient’s possible caries risk based on saliva condition

- Tests hydration, salivary consistency, resting and stimulated saliva pH, stimulated saliva flow and saliva buffering capacity

- Tool for developing preventive care treatment plan strategies and selecting dental materials for the needs of the patient

BEFORE YOU BEGIN:
Did you know?
- Understanding the salivary environment is critical to achieving long-term oral health for your patients
- Saliva testing can be a very useful communication tool to identify contributing factors that may have altered the patient’s lifestyle, such as stress or smoking to name a few
- Results can be explained to the patient as part of the discussion about prevention and treatment
- Together, you and your patients will be able to agree on a plan to bring their saliva back into balance

NOW THAT THE SALIVA TESTING IS DONE...
maintain strong and healthy teeth for life!

GC America offers your patients a comprehensive in-office and at-home treatment plan with MI Varnish™, MI Paste™ and MI Paste Plus™!

<table>
<thead>
<tr>
<th>RESULT</th>
<th>RISK</th>
<th>IN-OFFICE TREATMENT</th>
<th>AT-HOME TREATMENT</th>
<th>DISPENSE</th>
<th>RECALL</th>
<th>RE-TEST SALIVA</th>
</tr>
</thead>
<tbody>
<tr>
<td>GREEN</td>
<td>LOW</td>
<td>MI Paste or MI Paste Plus after brushing and flossing</td>
<td>as needed</td>
<td>6 months</td>
<td>6 months</td>
<td></td>
</tr>
<tr>
<td>YELLOW</td>
<td>MODERATE</td>
<td>MI Varnish 2x/year</td>
<td>MI Paste or MI Paste Plus 2x/day after brushing and flossing</td>
<td>as needed</td>
<td>4 months</td>
<td>4 months</td>
</tr>
<tr>
<td>RED</td>
<td>HIGH</td>
<td>MI Varnish 3x/year</td>
<td>MI Paste or MI Paste Plus 4x/day and at bedtime</td>
<td>as needed</td>
<td>3 months</td>
<td>3 months</td>
</tr>
<tr>
<td>Xerostomia patients</td>
<td>HIGH</td>
<td>MI Varnish 4x/year</td>
<td>MI Paste or MI Paste Plus every 3-4 hours and at bedtime</td>
<td>as needed</td>
<td>3 months</td>
<td>3 months</td>
</tr>
</tbody>
</table>

SKU #620300
CDT Code for Saliva-Check BUFFER: 00425-Caries Susceptibility Test, 12999-Unspecified Diagnostics Procedure

Suggested treatment options reflect current CAMBRA guidelines. Evidence-based decision making principles should guide clinical treatment, therefore the dental professional should determine the best treatment plan for each patient.

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