

Saliva-Check

BUFFER Testing Mat

Results will be most accurate if patients avoid eating or drinking for 1 hour prior to testing.



Step 1

Resting Flow Rate

Visually assess the lower lip labial secretion. Evert the lower lip, gently blot the labis 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.

- Low Greater than 60 seconds
- Normal Between 30-60 seconds
- High Less than 30 seconds

Step 2

Salivary Consistency

Visually assess the resting salivary consistency in the oral cavity.

- Strongly increased viscosity Sticky frothy saliva
- Increased viscosity Frothy bubbly saliva
- Normal viscosity Watery clear saliva

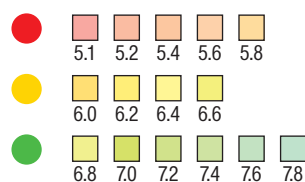
Step 3

Testing pH - Resting Saliva

Instruct the patient to expectorate any pooled saliva into the collection cup. Take a pH strip, place this into the sample of resting saliva for 10 seconds and then check the color of the strip. 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.



Saliva pH Indicator



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 a further 5 minutes, expectorating every 15 - 20 seconds in the cup provided.

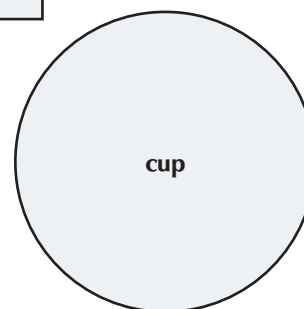
Note:

It is preferable that you leave the patient alone in the room while they collect the saliva.

Measure the volume of liquid in the cup excluding froth and record the result.

Note:

Keep saliva for the next step.

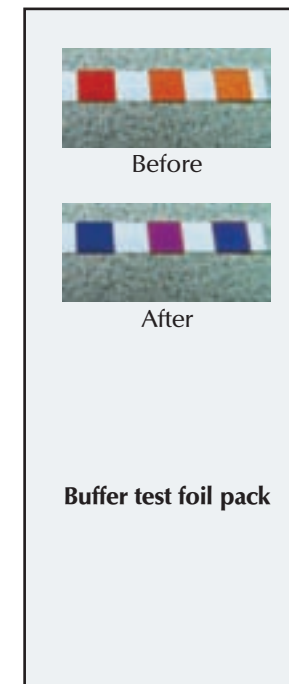


Volume of Saliva

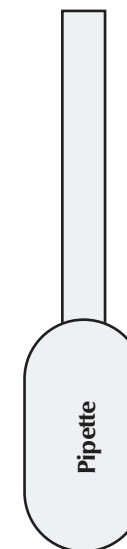
- Very Low < 3,5 ml
- Low 3,5-5,0 ml
- Normal > 5,0 ml

Step 5

Testing Buffering - Stimulated Saliva



Buffer test foil pack



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.

Test pad colors after two minutes:

- Green 4 points
- Green/Blue 3 points
- Blue 2 points
- Blue/Red 1 point
- Red 0 points

Where a colour combination provides an unclear result, use intermediate scores.

RESULT

| Buffering Ability | Combined Total |
|---|----------------|
| ● Very Low | 0-5 |
| ● Low | 6-9 |
| ● Normal | 10-12 |