

## 10 TIPS TO HELP GENERATE MORE SALIVA

- 1. Keep your mouth closed** - Generate as much saliva in your mouth as you can before you start to drip it into the funnel. Talking and mouth breathing will dry your mouth. Start the saliva building before you begin the test.
- 2. Drool (don't spit)** - Aim next to the center hole of the funnel to allow it to slide into the tube.
- 3. Make sure the cap is off** - If you are producing saliva, but it is not going into the tube, you may have forgotten to remove the cap from the tube. The funnel fits into the top part of the cap when it is left on.
- 4. Relax** - Take your time. Feeling anxious can dry your mouth. Take a few breaks between attempts, keeping your mouth closed during that time.
- 5. Visualize lemons** – Imagine a freshly cut, juicy, dripping lemon you are about to bite into.
- 6. Rub tongue inside your cheek** – On the inside, rub your cheek with your tongue.
- 7. Gently massage** - The outside of your cheeks just in front of your ears can be massaged to stimulate saliva.
- 8. Test early in the morning** - Especially on hot, dry days, testing early will be beneficial.
- 9. Hydrate with water** – Drink water one hour before collection (not within one hour). Hydrating well the day before may help as well. Do not drink within an hour before testing.
- 10. Get a new funnel if it gets plugged up** - If thick saliva plugs the funnel's opening, saliva may not drain well into the collection tube. Ask staff for a new funnel.
- 11. Limit caffeine and salt** – Caffeine and salt hinder saliva production.