

# Saliva Management Tool for Patients – RBWH MND Clinic

## Step 1

## Evaluate your saliva

### Complete a Saliva Monitoring Chart

**Saliva Monitoring Chart**  
 Metro North Hospital and Health Service  
 Royal Brisbane and Women's Hospital | Allied Health | Speech Pathology  
 NAME: \_\_\_\_\_ TYPE OF INTAKE: Oral  PEG  Both   
 Date chart completed: \_\_\_\_\_  
**INSTRUCTIONS:**  
 1. Evaluate your saliva at each time point. Circle the word that best describes the consistency of your saliva, amount of your saliva and whether that it is causing you. Please also circle (Yes/No) if your secretions make you cough.  
 2. Fill in the form for 7 days in one week. This days do not have to be 7 days in a row.

	On waking	Breakfast	Lunch	Dinner	Overnight
Consistency	Thin	Thin	Thin	Thin	Thin
Amount	None	None	None	None	None
Causing you	Yes	Yes	Yes	Yes	Yes
Secretions make you cough	Yes	Yes	Yes	Yes	Yes

Use this to record if your saliva is thin and watery OR thick and sticky

## Step 2

## Try the ideas below

### Too Thin?

#### Saliva is thin and watery

- Sip** and swallow fluid to clear saliva.
- Wipe** mouth with a tissue.
- Protect** your lips with barrier cream.
- Position** sleep on your side.
- Support** head with pillows, head rest or collar.
- Mouthcares** before and after each meal.

### Too Thick?

#### Saliva is thick and sticky

- Hydrate** and make sure you drink enough each day - through your mouth or through the PEG.
- Steam** inhalation can help to thin your saliva.
- Mouthcares** before and after each meal.

## Step 3

## Natural Remedies

### Too Thin?

#### These may help to dry up saliva

- Tissue Salts (fluid balance)** tablets.
  - Sage tea** sipped throughout the day.
- buy these from a health food store.*

### Too Thick?

#### These may help to thin saliva and break down mucous

- Papaya Enzyme** tablets *from health food store.*
- Dark grape juice/Pineapple juice** sipped throughout the day *from supermarket.*

## Step 4

## Talk to your Doctor

### Talk to your neurologist

If the ideas above do not help or are no longer effective, medications may help. Tell your doctor if your saliva is **too thick** or **too thin** and the **time of day** it happens, to help them prescribe the right medications for you. Contact your neurologist or treating team.