

GC SIP SCORE

Dry Mouth (Xerostomia) Assessment

Patient name

Date of birth

Date

Important information about the Dry Mouth (Xerostomia) Assessment

The GC SIP-SCORE (Symptom Index for Perception of Dry Mouth) has been developed to help you and your oral care professional or medical professional identify if you have any signs or symptoms of Dry Mouth. This is a screening tool rather than a full diagnosis. This quick check gives an overview of possible dry mouth problems. The results of your screening might suggest the need for further investigation to understand the exact cause. Your score can help decide the next steps for your care.

Instructions

Please read each question carefully and tick (✓) the box that best describes how often you feel that way. Each answer has a different score. Your oral health care professional or medical professional will calculate a total Dry Mouth score based on your answers.

Choose one option for each question:

Never – This doesn't happen to you.

Sometimes – It happens occasionally.

Often – It happens regularly or most of the time.

	Never ①	Sometimes ②	Often ③
My mouth feels dry when eating a meal			
I have difficulty in eating dry foods			
I have difficulties swallowing certain foods			
My lips feel dry			
My mouth feels dry			

SIP Score: Dry Mouth (Xerostomia) Assessment Result

5 - 7	No or minimal symptoms	11 - 13	Moderate to severe symptoms
8 - 10	Mild to moderate symptoms	14 - 15	Severe xerostomia symptoms

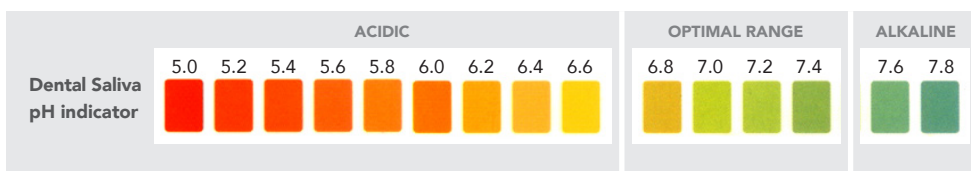


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Use the following information as a guide to your Dry Mouth (Xerostomia) Assessment Score (as determined overleaf)

SIP SCORE	Subjective symptom level	Recommended interventions
5 – 7	Minimal	Dental referral and assessment Oral hygiene, dietary and hydration advice Assessment of lifestyle factors (smoking, alcohol, diet) Increase calcium, phosphate and fluoride exposure (e.g GC Tooth Mousse Plus)
8 – 10	Mild-moderate	As above plus Saliva substitutes (e.g GC Dry Mouth Gel, sprays etc.) Salivary stimulants (e.g RECALDENT (CPP-ACP) Gum, sugar-free lozenges) Saliva pH testing, flow and quality assessment Increase fluoride exposure with high fluoride toothpaste (e.g. 5000ppm) Referral to GP or medical specialist for medication review
11 – 15	Moderate-severe	As above plus Oral health professional or specialist referral for multidisciplinary care or intervention



Recommended for you:

- GC Dry Mouth Gel
 GC Tooth Mousse
 GC Tooth Mousse Plus



Modified from the Summated Xerostomia Inventory



For information about these products visit toothmousse.com.au

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