



What you need to know about xerostomia:

Hundreds of medications, both prescription and nonprescription, produce dry mouth as a side effect. Cancer therapies can change the nature and amount of saliva produced. And some medical conditions, such as autoimmune disorders, can also cause xerostomia.

Which medications can cause dry mouth?³

- Antiacne agents
- Antianxiety agents
- Anticonvulsants
- Antidepressants
- Antidiarrheal agents
- Antidysrhythmics
- Antihistamines
- Antinausea agents
- Antipsychotics
- Anorexiant
- Antacids
- Bronchodilators
- Decongestants
- Diuretics
- High blood pressure medications
- Muscle relaxants
- Narcotic analgesics
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Opioid analgesics
- Parkinson's disease medications
- Sedatives
- Smoking-cessation agents
- Urinary incontinence agents

What are some conditions associated with dry mouth?

- Asthma
- Depression/anxiety
- Diabetes
- Hypertension
- Sjögren's syndrome

Why is saliva so important?

Saliva is 98 percent water, but it contains many important substances, including antibacterial compounds, electrolytes and enzymes, which are essential to your oral health. Saliva helps you stay healthy by keeping your mouth moist and comfortable, and helping you chew and swallow. Without the presence of saliva, you can't fight the germs and bacteria in your mouth, which can lead to tooth decay.

How do I get my 3M Xerostomia Relief Spray prescription filled?

At your dental office

If you purchased 3M Xerostomia Relief Spray directly from a dental professional, return to their office to purchase additional refills.

OR

By mail-order prescription

If your dentist sent in a prescription for you, your prescription will be filled through **TRANSITION PHARMACY (TPS)** and shipped directly to you. There is no cost to you other than your copay.

1. Your dentist will submit the prescription to TPS for processing.
2. TPS will call you within 48 hours from a (215) area code. Please have your payment information available.
3. TPS will automatically check their database for insurance coverage and verify your copay.
4. TPS will then ship your prescription directly to your home. It should arrive within a few days.
5. If your dentist has authorized refills, you will receive a reminder phone call from TPS, or you can sign up for automatic refills.

For questions about TPS, please call toll-free:

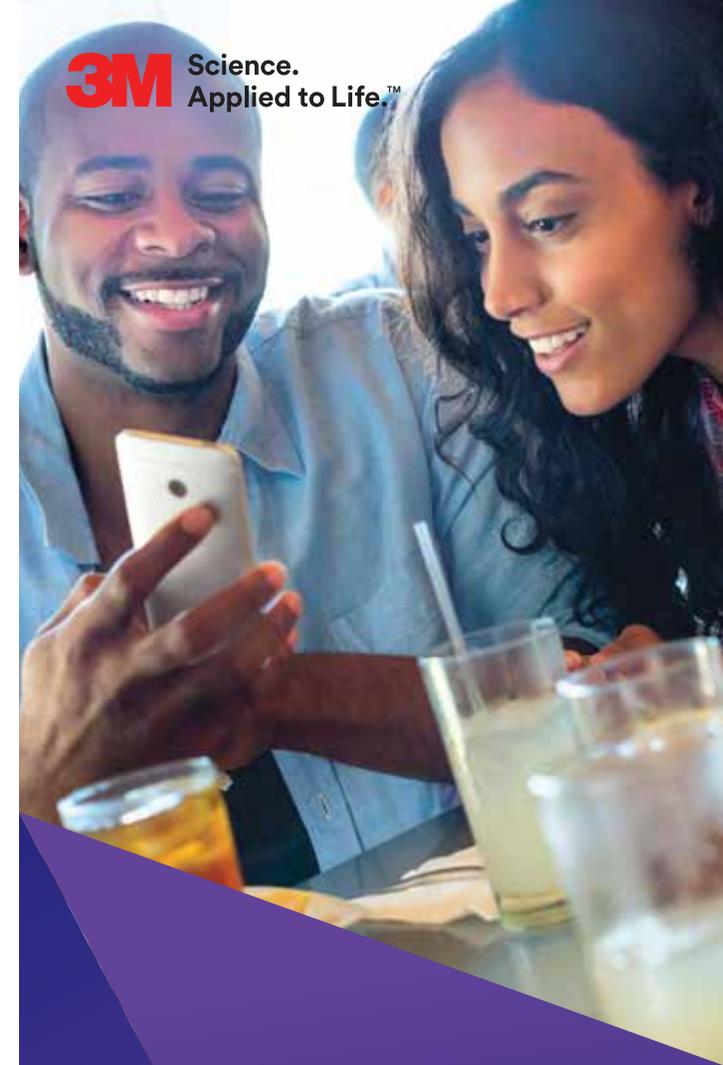
- 📞 1-833-821-8187
- 🕒 9 a.m.-8 p.m. ET, Monday-Friday
9 a.m.-1 p.m. ET, Saturday



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70-2013-7149-2



3M Science.
Applied to Life.™

Don't be silenced by dry mouth.

Patient information

Dry mouth is common — and commonly undetected.

Also known as xerostomia (zeer-oh-STOH-mee-ah), this medical condition occurs when your mouth doesn't produce enough saliva or there is a change in the quality of the saliva. It can have a significant impact on your daily life and oral health if it's not discovered early and managed effectively.



Did you know that up to 65 percent of the population suffers from dry mouth?¹

The causes of xerostomia are numerous, from everyday medications to common health conditions, and people who take multiple medications are more likely to have it.

How do I know I have dry mouth?

If these symptoms sound familiar to you, it's time to speak up and talk to your dentist to discuss options for relief.

<input checked="" type="checkbox"/>	My mouth and throat feel dry and sticky
<input checked="" type="checkbox"/>	I have an ongoing need to drink/sip beverages to quench my thirst with only temporary relief
<input checked="" type="checkbox"/>	It's difficult to speak, eat and swallow
<input checked="" type="checkbox"/>	My lips are dry and cracked
<input checked="" type="checkbox"/>	I've been told I have bad breath
<input checked="" type="checkbox"/>	There's a burning sensation in my mouth
<input checked="" type="checkbox"/>	My tongue is dry and rough
<input checked="" type="checkbox"/>	I'm getting more cavities

Introducing 3M Xerostomia Relief Spray.



This prescription-only solution provides convenient, long-lasting relief for up to four hours. It's simple to use and can be discreetly applied wherever you are, at any time of day.

- Helps relieve symptoms of dry mouth
- Moistens and lubricates the mucosa of the mouth, tongue and throat
- Improves the ability to chew, taste, swallow and speak
- Available in a convenient and discreet spray vial — no mixing or rinsing required
- Available by prescription from a dental professional
- In a clinical study, 92 percent of patients saw an improvement in their dry mouth symptoms²

Easy to use:

- One dose (two sprays) into the mouth three to four times daily or as needed
- Spread product onto dry areas with tongue

It's time to speak up about your symptoms.

Dry mouth makes it difficult to chew, taste, swallow and speak, and it also increases the risk of cavities. Even the most outspoken person can be silenced by xerostomia, but it's important to talk to your dentist and hygienist about your symptoms. They can help you fight back and provide effective, convenient relief.



You don't have to suffer in silence.

Ask your dentist to evaluate your dry mouth symptoms. They can discuss treatment solutions to relieve your dry mouth and protect your teeth from cavities.

Learn more:

 [3M.com/xerostomiareliefspray](https://www.3m.com/xerostomiareliefspray)

¹ ADA Science Institute, C. (2017). Oral Health Topics: Xerostomia (Dry Mouth). JADA. www.ada.org/en/member-center/oral-health-topics/xerostomia.

² Mouly, S., Orler, J. B., Tillet, Y., Coudert, A. C., Oberli, F., Preshaw, P., Bergmann, J. F. Efficacy of a new oral lubricant solution in the management of psychotropic drug-induced xerostomia, Journal of Clinical Psychopharmacology 2007; Volume 27, No 5.

³ Sankar, V., & Rhodus, N. (2015, October 15). Xerostomia. www.aacom.com/index.php?option=com_content&view=article&id=107:xerostomia&catid=22:patient-condition-information&Itemid=120.