

Clinical Case Study: NoGag As a Novel Remedy For Gag Suppression

NoGag significantly reduces exaggerated pharyngeal reflex by an average of 70% for one hour

- **Location:** West Coast University, Dental Hygiene School, USA
- **Control/Variable:** Control: No oral remedy was provided. Variable: NoGag powder was administered orally and measurements taken at 10 seconds and 1 hour. Multiple anatomical touchpoints (TP1-TP5) were measured to quantify the gag reflex.
- **Problem:** An exaggerated pharyngeal reflex is a common inconvenience for dental professionals and patients alike which may impact procedure success, schedule, and patient satisfaction. A group of 10 participants was enrolled to investigate whether a novel powder effectively decreased the self-reported pharyngeal reflex.

SUMMARY

• **Goal:** To determine whether a novel oral powder will suppress the pharyngeal response among patients with a self-reported exaggerated pharyngeal reflex.

- **Results:** An average reduction of 70% in pharyngeal reflex (gag reflex), was observed with no statistical difference at the 10 sec and 1 hour mark of measurement.
- The values measured for all Touchpoints (TP 1-5) before the intervention were significantly higher than 10 seconds after ($p=0.0058$) and 1 hour after ($p=0.0082$).

Measured Gag Reflex - Touchpoints 1 -5

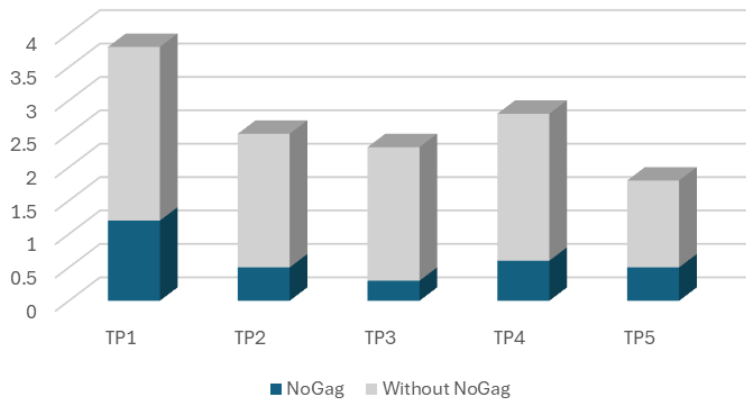
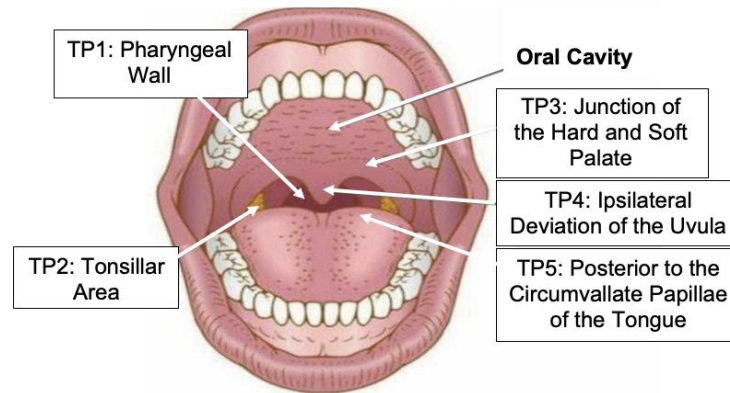


Figure 2: Touchpoints in the Oral Cavity



- A self-reporting Pharyngeal Reflex Reporting (PRR) questionnaire was used for eligibility; 10 patients met enrollment criteria.
- Visual observation data was collected, and a post-survey questionnaire was administered.
- Three different intervals of testing were measured: Baseline (before application of powder), 10 seconds after administration of powder, and 1 hour after administration of powder.
- Five touchpoints measured TP1 Pharyngeal Wall, TP2 Tonsillar Area, TP3 Junction of the Hard and Soft Palate, TP4 Uvula, TP5 Circumvallate Papillae. A paired t-test was used to analyze the data.