

Instructions

Oral EcologiX™



Please read all instructions  
carefully before beginning

## IMPORTANT INFORMATION

- + Your sample needs to arrive at the laboratory between Monday to Friday, and should be shipped within 24 hours of collection, so please plan taking your sample accordingly.
- + You must return your sample in the box that your test kit was sent in. This is a legal requirement and your sample may be rejected if this step is not followed.

### NOTES

- + Long term antibiotics and probiotics can be continued but usage should be disclosed to your practitioner so they are able to interpret the results with that in mind
- + Do not collect test samples if you have, or suspect you have, COVID-19. Please wait 7 days after symptoms subside before collecting your sample.

## PATIENT PREPARATION

It is not recommended that you change any prescribed or regular medications or supplements without seeking advice from a suitably qualified medical professional. Some medications or supplements are known to have an impact on the test results. If agreed with your healthcare professional, please follow the guidelines below.

### 14 DAYS BEFORE COLLECTING SAMPLE

1. **Complete** (where possible) any courses of short term medications such as antibiotics or antifungals

### 7 DAYS BEFORE COLLECTING SAMPLE

1. **Discontinue** (where possible) the the use of anti-inflammatories
2. **Discontinue** (where possible) the use of probiotics
3. **Complete** courses of botanical antimicrobial & antifungals

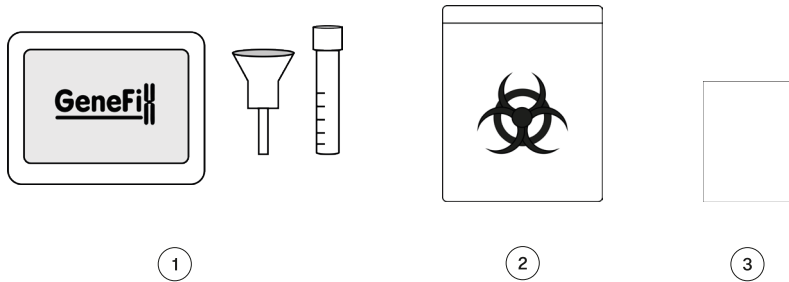
### 24 HOURS BEFORE COLLECTING SAMPLE

1. **Abstain** from participation in oral sex
2. **Abstain** from antimicrobial mouthwashes

### DAY OF SAMPLE COLLECTION

1. If wearing dental prothesis, do not apply fixing cream before collecting the sample
2. 30 minutes prior to collecting the sample do not: smoke, drink, eat, chew gum or brush teeth

## KIT CONTENTS



①

②

③



④



⑤



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1. Saliva collection kit
2. Biohazard bag
3. Absorbent white sheet
4. Test requisition form (TRF)
5. Unpaid mailing bag
6. Test kit box (the box your test came in)

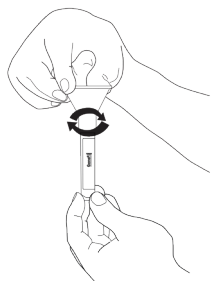
## CHECKLIST

To ensure your samples are not rejected please ensure you have checked off every point in the below checklist.

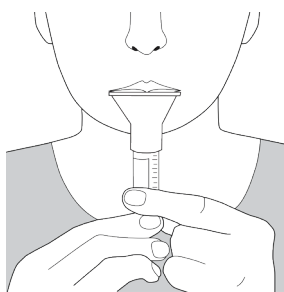
### CHECKLIST

- Read all instructions carefully before beginning
- Complete the test requisition form (TRF)<sup>④</sup>
- Wash your hands with soap and water prior to sample collection
- Write your name and date of birth on the sample collection tube<sup>①</sup>
- Complete the saliva collection<sup>①</sup> as detailed overleaf
- Ensure that the specimen vial is tightly sealed and place it back into the plastic container
- Place the saliva sample<sup>①</sup> and TRF<sup>④</sup> into the biohazard bag<sup>②</sup>
- Place the biohazard bag<sup>②</sup> into test kit box<sup>⑤</sup>
- Put the test kit box<sup>⑤</sup> into the mailing bag<sup>⑥</sup>
- Arrange sample return (shipping info on page 7)

## SALIVA COLLECTION



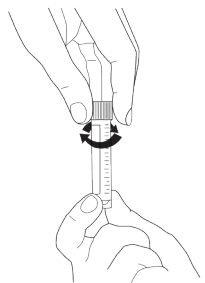
1. Remove the collection funnel and tube from the pack. If the solution is cloudy, warm the tube gently in your hands for a few minutes. Unscrew the cap from the tube being careful not to spill the liquid. Keep the cap for use later. Screw the collection funnel on to the tube gently. Do not over-tighten.



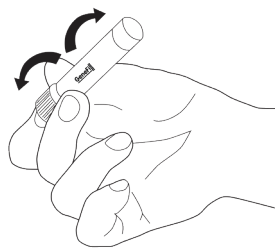
2. Start spitting into the funnel.  
Tip: If the saliva does not flow easily into the tube, unscrew the funnel partially. Continue spitting into the funnel until the level of liquid in the tube, not including bubbles, reaches the 2ml Fill To → line.  
To encourage saliva production you may rub the inside of your cheek with your tongue, or gently massage the outside of your cheeks.

**DO NOT FILL PAST THE 2ML FILL LINE  
OTHERWISE YOUR SAMPLE WILL BE REJECTED**

Please note the turnaround time for test results is 15 working days from the date the sample arrives at our lab.  
Weekends & bank holidays are not included in the turnaround time.



3. Unscrew the collection funnel and replace the tube cap tightly. **Discard the funnel.**



4. Shake the collection tube several times to mix the saliva with the solution. Ensure you have written your full name and date of birth on sample collection tube.

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