

Oral EcologiX™

ECOOR001

Read all instructions carefully before beginning

Patient preparation:

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

The sample must be submitted within 24 hours of collection.

Important information:

7 days prior to collecting sample:

- Discontinue (where possible) the use of pro-biotics.

48 hours prior to collecting sample:

- Complete short-term prescribed medication e.g. antibiotics.

24 hours prior to collecting sample:

- Do not take part in oral sex.

Day of collection:

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

Checklist:

- Complete test requisition form (TRF).
- Complete saliva collection.
- Place the saliva sample and TRF into the test kit box.
- Arrange sample return.

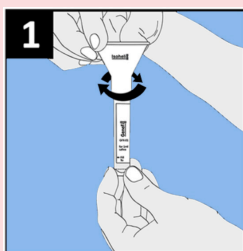
Sample collection:

1. Complete the test requisition form.
2. Wash hands with soap and water prior to sample collection.
3. Complete the saliva collection overleaf.
4. Write full name and date of birth on sample collection tube.
5. Ensure that the specimen vial is tightly sealed and place it back into the plastic container. Dispose of the funnel responsibly.
6. Write full name and date of birth on sample collection tube.
7. Put the plastic container into the biohazard bag.
8. Put the biohazard bag back into the test kit box.
9. Put the biohazard bag and the completed TRF into the test kit box and put this into the unpaid addressed mailing bag.

Kit contents

- 1 Isohelix Saliva Microbiome DNA collection kit
- 1 biohazard bag
- 1 unpaid addressed mailing bag
- 1 test requisition form (TRF)

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.

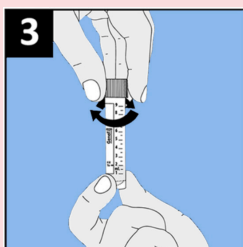


2. Start spitting into the funnel.

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.



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.

Sample shipping:

The sample has a limited life expectancy and must be received by the laboratory as soon as possible. Arrange shipment for a Monday, Tuesday, or Wednesday only. If you have any concerns please contact us.

If there is any delay with shipping the sample store it in the fridge and ship as soon as possible. The time period the sample is kept refrigerated must be noted on the Test Requisition Form (TRF).

UK:

Take the unpaid addressed mailing bag to the post office and send Guaranteed Next Day delivery.

Europe:

To arrange sample shipment, contact your local courier at least 24 hours prior to the collection of your sample. Ensure the completed test kit is inside the clinical pack provided. Ensure it is completely sealed with the courier shipping documents visible.

Outside Europe:

The sample is classified as a UN3373 Human Biological Hazard, Category B (HS code: 3001201000). The EORI number is GB911755529000. Ensure that the courier is licensed to ship this hazard and arrange a priority service. The return address is provided on the mailing bag. A clinical pack is provided if required.

Invivo Healthcare, The Coach House, 3 Lewiston Mill, Brimscombe, GL5 2TE

Questions? Please call us on +44 (0)333 241 2997, or email info@invivohealthcare.com