

# Oral EcologiX™

ECOOR001

## 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.

### 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 prior to collecting your sample

- Complete any courses of short term medications such as antibiotics or antifungals

#### 7 Days prior to collecting sample:

- Discontinue (where possible) the use of anti-inflammatories
- Complete courses of botanical antimicrobials or antifungals
- Discontinue (where possible) use of probiotics

#### 24 hours prior to collecting sample:

- Abstain from participation in oral sex
- Abstain from antimicrobial mouthwashes

#### Day of collection:

- If wearing dental prothesis, 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.

#### Note:

- 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.

### Kit contents

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

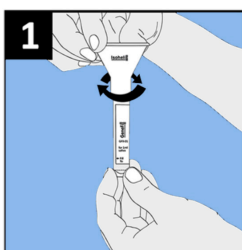
### Checklist:

- Complete test requisition form (TRF).
- Write your name and date of birth on the sample collection tube
- Complete the saliva collection.
- Place the saliva sample and TRF into the biohazard bag.
- Place biohazard bag into 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.
6. Put the plastic container into the biohazard bag.
8. **Put the biohazard bag and the completed TRF into the test kit box** and put this into the unpaid addressed mailing bag

## Saliva collection:

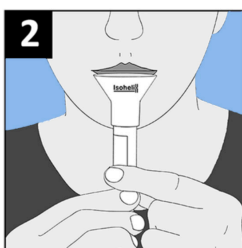


1. Remove the collection funnel and tube from the pack.

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.

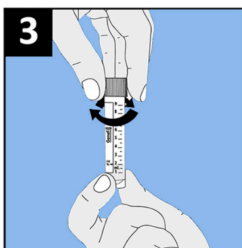


2. Start spitting into the funnel.

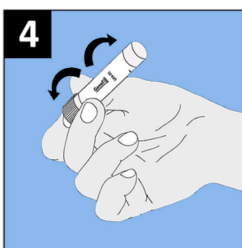
Tip: If the saliva does not flow easily into the tube, unscrew the funnel partially.

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.