



invivo[®]

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

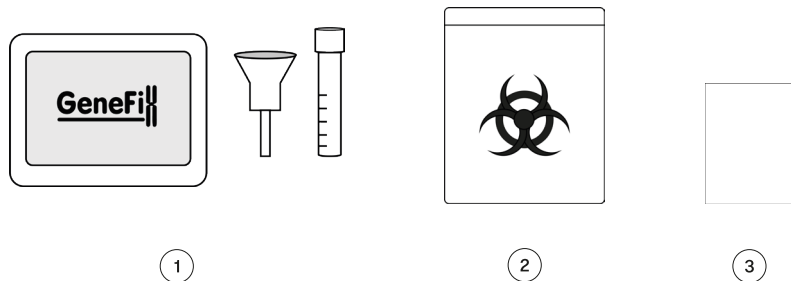
24 HOURS BEFORE COLLECTING SAMPLE

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

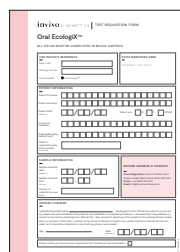
KIT CONTENTS



1

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3



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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)

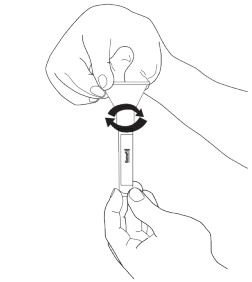
CHECKLIST

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

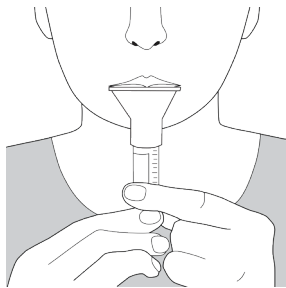
CHECKLIST

- Read all instructions carefully before beginning
- Complete the test requisition form (TRF)⁴
- Wash your hands with soap and water prior to sample collection
- Write your name and date of birth on the sample collection tube¹
- Complete the saliva collection¹ as detailed overleaf
- Ensure that the specimen vial is tightly sealed and place it back into the plastic container
- Place the saliva sample¹ and TRF⁴ into the biohazard bag²
- Place the biohazard bag² into test kit box⁵
- Put the test kit box⁵ into the mailing bag⁶
- Arrange sample return (shipping info on page 7)

SALIVA COLLECTION

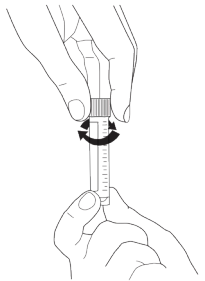


1. Remove the collection funnel and tube from the pack. If the solution is cloudy, warm the tube gently in your hands for a few minutes. Unscrew the cap from the tube being careful not to spill the liquid. Keep the cap for use later. Screw the collection funnel on to the tube gently. Do not over-tighten.

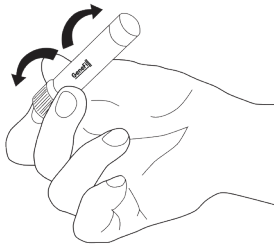


2. Start spitting into the funnel.
Tip: If the saliva does not flow easily into the tube, unscrew the funnel partially. Continue spitting into the funnel until the level of liquid in the tube, not including bubbles, reaches the 2ml Fill To → line.
To encourage saliva production you may rub the inside 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**



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.

SHIPPING YOUR SAMPLE

The sample has a limited life expectancy & must be received by the laboratory **as soon as possible**. If you have any concerns please contact us.

SHIPPING ADDRESS

Invivo Healthcare
Science Creates, St Phillips Central,
Albert Road
Bristol
United Kingdom
BS2 0XJ

SHIPPING FROM THE UK

Take the unpaid addressed mailing bag to the post office & send via **“Guaranteed Next Day Delivery” on Monday-Thursday.**

SHIPPING FROM OUTSIDE THE UK

When looking for shipping options, ensure the service you use is licensed to ship human samples such as DHL, UPS & FedEx.

The sample is valid for 6 days only – please ensure you use a priority return service that works best for your location. Please note, all the international shipping information below will be required when making your booking – please ensure all details are provided.

The sample is classified as a UN3373 Human Biological Hazard, Category B

The Harmonised Code (HS code) is 3001902000.

Our EORI number is GB911755529000.

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.

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