

# Vaginal EcologiX™

ECOVA001

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.

### Important information:

#### 7 days prior to collecting sample:

- Discontinue (where possible) the use of probiotics.

#### 48 hours prior to collecting sample:

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

#### 24 hours prior to collecting sample:

- No sexual intercourse.

#### Day of collection:

- Do not apply vaginal lotions, creams, or emollients before taking the test.
- Do not wash your genital area prior to collection.
- Do not collect samples when menstruating.

### Checklist:

- Complete test requisition form (TRF).
- Take pH reading and write the result on the TRF.
- Complete 2 vaginal swab samples.
- Stick the swab barcodes onto the TRF.
- Place the 2 completed swabs and the TRF into the test kit box.
- Arrange sample return.

### pH test instructions:

Measuring vaginal pH is easy and painless. Please read the instructions below before starting. The diagram is located on the sachet.

1. Wash your hands before starting the test.
2. Remove the pH test carefully from the sachet.
3. Hold the applicator by the apprehension ring between your thumb and index finger. Your thumb should always be on the side of the vaginal applicator, as per the diagram.
4. Be careful to not touch the area of the applicator that measures the pH.
5. Sit down with your knees apart, or stand with one foot on the toilet seat, or another stable surface.
6. With your free hand, gently clear the opening of your vagina.
7. Carefully insert the applicator, as if you were using a tampon (about 1 to 3 cm deep and no further than the apprehension ring).
8. Carefully press the tube against the back wall of the vagina (the rectal side) for about 10 seconds to saturate the test strip. This is very important for the test to work properly.
9. Carefully remove the applicator from the vagina and compare the coloured area to the colour chart.
10. Write the result on the TRF and dispose of the pH test.

### Kit contents

- 2 vaginal swabs
- 1 pH test
- 1 biohazard bag
- 1 unpaid addressed mailing bag
- 1 test requisition form (TRF)

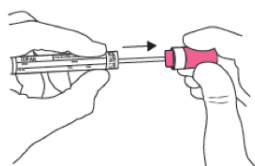
## Vaginal swab instructions:

Two swabs have been provided. Please follow the instructions below, taking each swab sample separately.

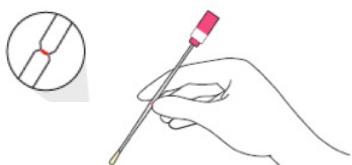
1. Wash your hands before starting the test.
2. Peel off the barcode on the swab containers and stick them onto the TRF.



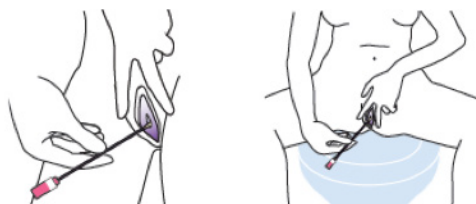
3. Hold the pink cap and remove the swab. Place the tube on a clean surface.



4. Hold the swab at the red mark on the shaft, do not hold the swab from the pink cap during the collection procedure.



5. Collect your sample in one of the following positions:

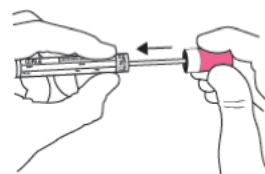


6. Carefully and slowly insert the swab into the vagina until your fingers touch the vulva, gently rotate the swab 4 times before removing. If you experience any resistance, re-position yourself and attempt to re-insert the swab.



If you experience any unexpected bleeding, consult your healthcare professional immediately.

7. Holding the swab by the pink cap, place the swab inside the plastic tube and close tightly.



8. Complete the second swab using the same instructions.

9. Place the 2 swabs into the biohazard bag and seal it.

10. Put the biohazard bag and the completed TRF into the test kit box and put this into the unpaid addressed grey mailing bag.

**Sample shipping:**

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

If you cannot ship the sample immediately, please store in the freezer until shipping. The time period within the freezer must be noted on the Test Requisition Form (TRF).

**UK:**

Take the unpaid addressed mailing bag to the post office and send "Special Delivery Guaranteed by 1pm" on a Monday, Tuesday, or Wednesday only.

**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:**

Arrange an international priority service using a courier of your choice. A clinical pack is provided if required. The address of the laboratory is provided on the mailing bag.

It is advisable to contact Invivo ahead of shipping to make them aware of an international delivery.