

Vaginal EcologiX™

ECOVA001

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.
- The Vaginal EcologiX™ is a self swab, so we ask that anyone who uses it is above the age of consent (16+) in the UK. If it is used in someone under this age, it must be in conjunction with suitable safeguarding and a general practitioner.
- 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 sample:

- Complete any short term prescriptions of antimicrobial therapy such as antibiotics or antifungals

7 days prior to collecting sample:

- Discontinue (where possible) the use of probiotics.
- Complete courses of botanical antimicrobials, antifungals & douches.

24 hours prior to collecting sample:

- Abstain from 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.

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.
- Measuring vaginal pH is easy and painless. Please read the instructions below before starting. The diagram is located on the sachet.
- 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.
- Vaginal EcologiX is not suitable for self-testing in pregnancy. Samples can only be collected by your qualified healthcare professional if deemed safe to do so during pregnancy.

Kit contents

- 1 vaginal swab
- 1 pH test
- 1 biohazard bag
- 1 absorbent white sheet
- 1 unpaid addressed mailing bag
- 1 test requisition form (TRF)

Checklist

- Complete test requisition form (TRF).
- Take pH reading and write the result on the TRF.
- Complete 1 vaginal swab sample.
- Stick the swab barcodes onto the TRF.
- Place the 1 completed swab and the TRF into the biohazard bag.
- Place biohazard bag into test kit box
- Arrange sample return.

Instructions

1. Wash your hands & remove the pH test carefully from the sachet.
2. 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, (be careful to not touch the area of the applicator that measures the pH).
3. Sit down, knees apart, or stand with one foot on a stable surface. With your free hand, gently clear the opening of your vagina.
4. Carefully insert the applicator (about 1 to 3 cm deep and no further than the apprehension ring).
5. Carefully press the tube against the back wall of the vagina (the rectal side) for 10 seconds to saturate the test strip. This is very important for the test to work properly.
6. Carefully remove the applicator from the vagina and compare the coloured area to the colour chart. Write the result on the TRF and dispose of the pH test.

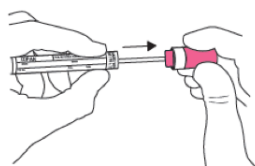
Vaginal Swab instructions:

One swab has been provided. Please follow the instructions below, taking each swab sample separately.

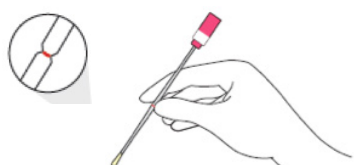
1. Wash your hands before starting the test.
2. Peel off the barcode on the swab containers and stick them onto the TRF.



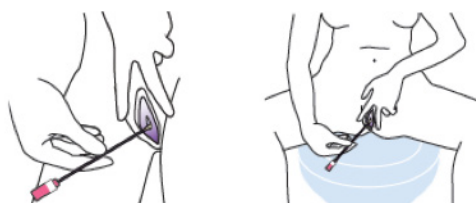
3. Hold the pink cap and remove the swab. Place the tube on a clean surface.



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:

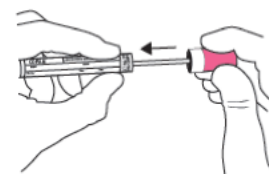


6. Carefully and slowly insert the swab into the vagina until your fingers touch the vulva, gently rotate the swab 4 times before removing. If you experience any resistance, re-position yourself and attempt to re-insert the swab.



If you experience any unexpected bleeding, consult your healthcare professional immediately. Samples contaminated with blood will not be processed. Replacement swabs can be requested.

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



8. Place the swab into the biohazard bag and seal it.
9. Put the biohazard bag and the completed TRF **into the test kit box** and put this into the unpaid addressed mailing bag.