

# 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.

Some medications / supplements are known to have an impact on the test results, please contact Invivo to discuss.

**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.

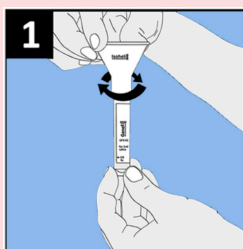
## Sample collection:

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.

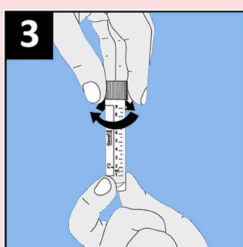


2. Start spitting into the funnel.

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:

### 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.

### EU:

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 the EU:

Arrange an international priority service using a courier of your choice. A clinical pack is provided if required.

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