

GI EcologiX™

ECOGI001

Read all instructions carefully before beginning

Hazards & precautions

Fluid in the eNAT swab is harmful

- Keep out of the reach of children
- Avoid contact with the skin and eyes. If contact is made, wash with clean water thoroughly for 15 minutes
- If accidentally ingested: contact your local poison control centre immediately

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.
- Do not collect the sample if you are currently menstruating, please wait 1 day after menstruation ceases.
- If you have had a colonoscopy, please wait 4 weeks post-procedure to take the 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 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:

- Discontinue (where possible) the use of NSAIDS
- Discontinue (where possible) use of digestive enzymes
- Discontinue (where possible) over the counter stomach acid aids such as Rennie's or Gaviscon.

(Please continue all other medication unless advised differently by your healthcare practitioner)

Day of collection:

- Discontinue (where possible) the use of prebiotics

Note:

- If using steroid cream for the anus, shower & ensure it is completely washed off before completing the test.
- 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.

Kit contents

- 2 faecal collection devices
- 1 absorbent white sheet
- 1 eNAT (liquid) collection swab
- Auto MC Swab
- 1 ScheBo® collection swab
- 1 biohazard bag
- 1 test requisition form (TRF)
- 1 pair of latex-free gloves
- 1 unpaid addressed green mailing bag
- 1 sample stickers

Checklist

- Complete test requisition form (TRF)
- Complete three swabs
- Place swabs into the biohazard bag
- Place the completed TRF into the side pocket of the biohazard bag
- Place biohazard bag into test kit box
- Put test kit box into the green mailing bag
- Arrange sample return

Sample collection

1. Write in block capitals, using a permanent marker, the following information on the test requisition form and the sample sticker:
 - Your full name
 - Your date of birth
 - Date & time of collection
2. Peel the completed sample sticker off its backing and attach to the outside of the biohazard bag.
3. Attempt to empty bladder prior to collecting the stool sample.
4. Put on the disposable gloves and remove the faeces collection device from its packaging. Gently place the device around the toilet seat. Do not let the collection device touch the water. A cardboard tray is provided if the collection device is not suitable. We advise lining the cardboard tray with toilet paper so it is easier to dispose of.
5. Complete the stool sample onto the collection device or cardboard tray. Take care not to contaminate the sample with urine.
6. Collect the eNAT (liquid) swab – instructions on page 3, ensuring the lid of the sample tube is tightly sealed.
7. Collect the ScheBo® swab – instructions on page 4, ensuring the lid of the sample tube is tightly sealed.
8. Collect the Auto MC swab – instructions on page 5, ensuring the lid of the sample tube is tightly sealed.
9. Rip both sides of the faecal collection paper above the toilet seat and let the collection device fall into the toilet bowl. Wait 3 minutes until the device is saturated before flushing then dispose of gloves and the cardboard tray appropriately.
10. Place the sample swabs into the zip-lock side of the biohazard bag, with the white absorbent sheet. Seal the bag tightly.
11. Place the completed test requisition form into the side pocket of the biohazard bag. Do not place it in the same pocket as the sample.
12. The biohazard bag should now include: three completed sample swabs, the white absorbent sheet, and the completed test requisition form. Place the biohazard bag into the test kit box it arrived in.

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.

The sample does not require refrigeration, however, if there is a known delay with shipping it can be refrigerated. The time period within the fridge must be noted on the Test Requisition Form (TRF).

UK: Take the unpaid addressed mailing bag to the post office and send via “Special Delivery Guaranteed by 1pm” on Monday–Thursday.

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.

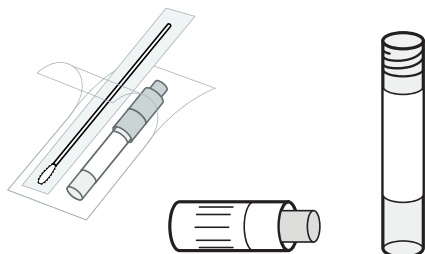
Outside Europe: The sample is classified as a UN3373 Human Biological Hazard, Category B (HS code:3001902000). The EORI number is GB911755529000. Ensure that the courier is licensed to ship this hazard and arrange a priority service. The return address is provided on the mailing bag. A clinical pack is provided if required.

Invivo Healthcare, The Coach House, 3 Lewiston Mill, Brimscombe, GL5 2TE

Questions? Please call us on 0333 241 2997, or email info@invivohealthcare.com

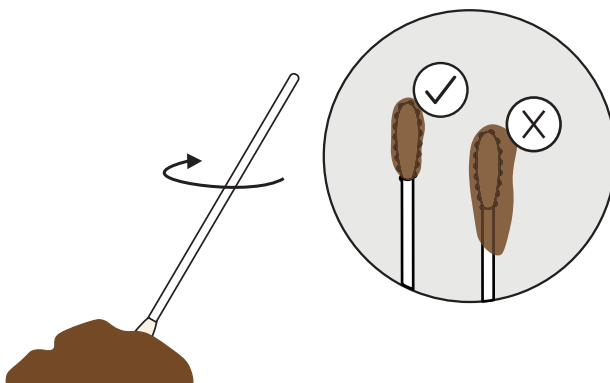
eNAT (liquid) swab instructions

- i. Peel open the protective packaging of the eNAT swab.
- ii. Remove the lid of the transport tube and place the tube upright in close proximity.

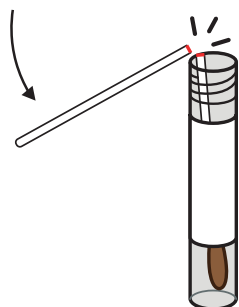


- iii. Insert the swab into the stool sample and twist. Saturate the entire tip of the swab with the stool sample. Repeat this collection procedure 3 times in 3 separate locations of the stool.

NOTE: Take care not to overload and/or fill the tube device with stool sample. If you do so, your sample will be rejected.



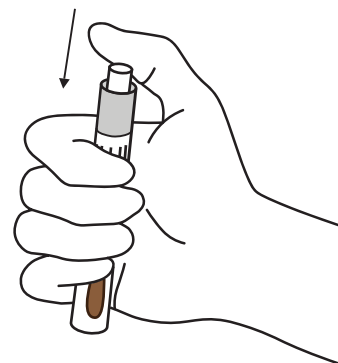
- iv. Place the swab (fabric tip first) into the transport tube and snap the swab handle against the side of the transport tube. Take care to avoid any external contamination of the device. There is an indented line along the swab handle to mark the point of which the swab will snap. Discard the swab handle.



- v. Hold the tube in a vertical position, align cap, and firmly push and screw the cap, stop when you hear a "CLICK". Screw the cap tightly.

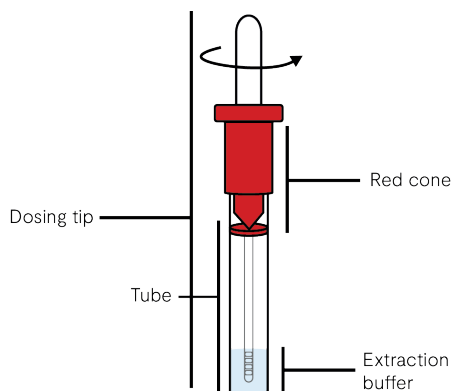


- vi. Press the plunger until is completely inside the cap. Shake the transport tube to ensure the liquid coats the fabric tip of the swab.

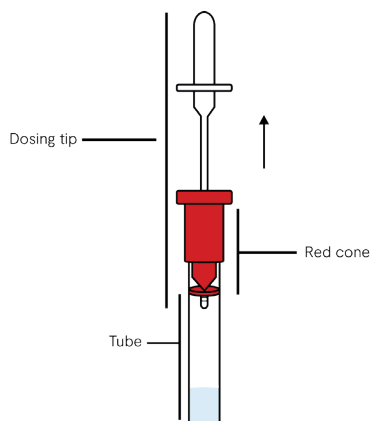


ScheBo® swab instructions

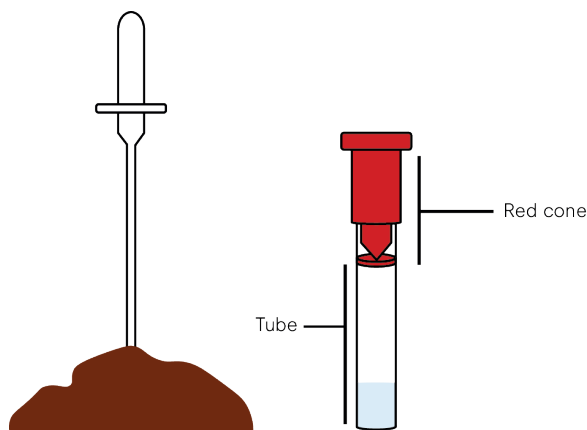
- i. Turn the white dosing tip anti-clockwise.



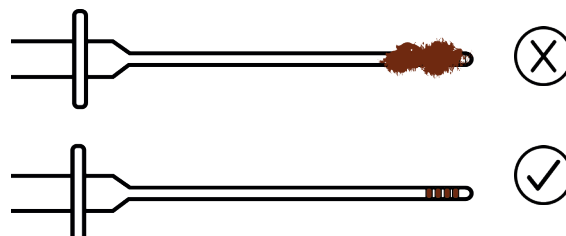
- ii. Remove the dosing tip from the transport tube by pulling it upwards.



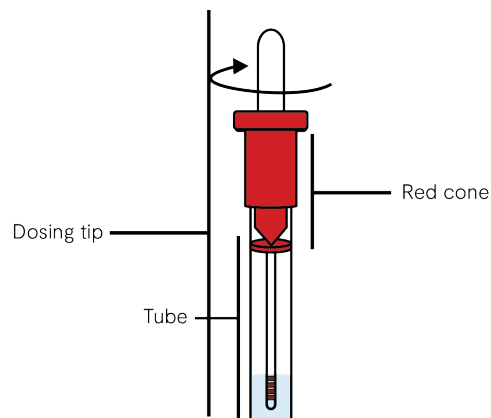
- iii. Insert the dosing tip into the stool sample to a depth of 1 cm ensuring all notches on tip contact the stool and then remove.



NOTE: Take care not to overload and/or fill the tube device with stool sample. If you do so, your sample will be rejected.

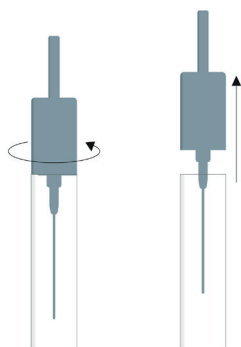


- iv. Repeat this collection procedure 3 times in 3 separate locations of the stool.
 v. Insert the dosing tip into the transport tube via the red cone. Take care to avoid any external contamination of the device.
 vi. Turn the dosing tip clockwise until the tip locks into the red cone.

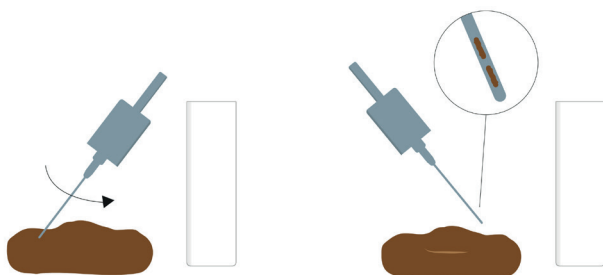


Auto MC swab instructions

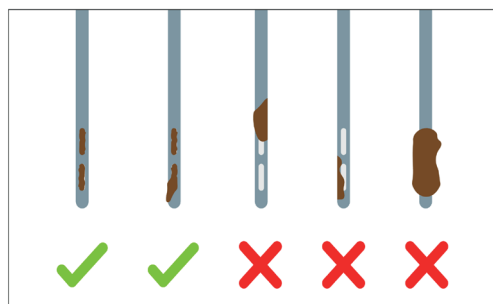
- i. Unscrew the top of the sample tube anti-clockwise to expose the sampling tip.



- ii. Insert the sampling tip of the swab into the stool sample and scrape the tip along the stool sample.



- iii. Ensure both notches on the swab are filled. The sampling tip should be covered in stool, but the stick of the swab should not be coated with stool.



NOTE: Any sample overloaded with stool cannot be processed by the laboratory.

- iv. If there is an excessive amount of stool on the swab (any more than the notches filled on the sampling tip) remove excess with toilet paper prior to returning the swab to the tube.

- v. Replace the swab into the sample tube and twist clockwise to close securely.

- vi. Once the completed swab is in the tube, do not remove and re-collect.