

# GI EcologiX™

ECOGI001 Gastrointestinal Health & Microbiome Profile (qPCR & ELISA)

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:

- Samples must only be collected and shipped on Monday, Tuesday or Wednesday.
- The sample must be shipped within 24 hours of collection.

## 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. If agreed with your healthcare professional, please follow the guidelines below.

### 7 days prior to collecting sample:

- Consider discontinuing the use of anti-inflammatories.
- Consider discontinuing the use of steroids.
- Consider discontinuing probiotics.

### 24 hours prior to collecting sample:

- Consider discontinuing the use of Vitamin C >250mg/d.
- Consider discontinuing the use of NSAIDS.
- Consider discontinuing the use of IBS medication.

### Note:

- Steroid cream: shower before & ensure all washed off.
- Long term antibiotics can be continued.
- Long term probiotics can be continued, but for a clearer baseline reading, consider discontinuing for 7 days prior to taking your sample.

## Checklist:

- |  |  |
|--|--|
| <input type="checkbox"/> Complete test requisition form (TRF)            | <input type="checkbox"/> Completed TRF into side pocket of biohazard bag |
| <input type="checkbox"/> Stick the completed ID sticker on biohazard bag | <input type="checkbox"/> Place biohazard bag into test kit box           |
| <input type="checkbox"/> Complete all 3 swabs                            | <input type="checkbox"/> Put test kit box into the mailing bag           |
| <input type="checkbox"/> Place swabs into the biohazard bag              | <input type="checkbox"/> Arrange sample return                           |

## Kit contents

- 2 faecal collection devices
- 1 absorbent white sheet
- 1 eNAT® collection swab
- 1 ScheBo® collection swab
- 1 Auto MC collection swab
- 1 biohazard bag
- 1 test requisition form (TRF)
- 1 pair of disposable gloves
- 1 unpaid addressed mailing bag
- 1 identification (ID) sticker

**Sample collection:**

1. Write in block capitals, using a permanent marker, the following information on the test requisition form and the identification sticker:
  - Your full name
  - Your date of birth
  - Date & time of collection
2. Peel the completed identification sticker off its protective backing and place it on to the outside of the biohazard bag.
3. Attempt to empty bladder prior to collecting the stool sample.
4. Put on the disposable gloves.
5. Remove the faeces collection device from its packaging and 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.
6. Complete the stool sample onto the collection device or cardboard tray. Take care not to contaminate the sample with urine.
7. Collect the eNAT (liquid) swab – instructions on page 3 and video instructions can be found: <https://invivohealthcare.com/resources/enat-instructions/>
8. Collect the ScheBo® swab – instructions on page 4.
9. Collect the Auto MC swab – instructions on page 5.
10. Ensure the lids of all 3 swabs are tightly sealed.
11. 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.
12. Dispose of gloves and cardboard tray appropriately.
13. Place the sample swabs into the zip-lock side of the biohazard bag, with the white absorbent sheet. Seal the bag tightly.
14. 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.
15. The biohazard bag should now include: 3 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.

If you cannot ship the sample immediately, please store in the fridge until shipping. 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 "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 directly to the laboratory using a courier of your choice. A clinical pack is provided if required.

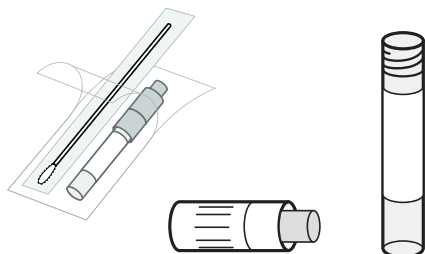
The address of the laboratory is provided on the mailing bag.

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

## eNAT® swab instructions

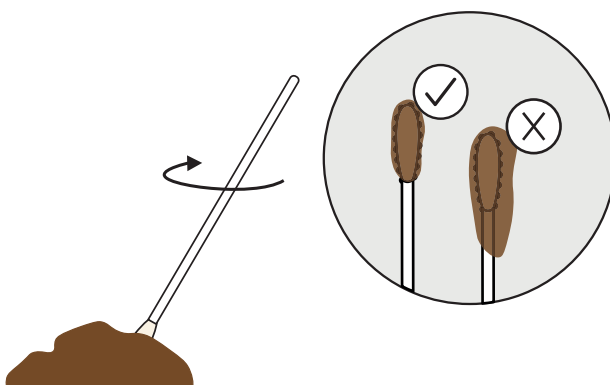
for video instructions please visit: <https://invivohealthcare.com/resources/enat-instructions/>

- 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.

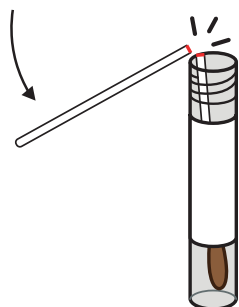


- iii. Insert the swab into the stool sample and twist. Saturate the entire tip of the swab with the stool sample. Repeat this collection procedure 3 times in 3 separate locations of the stool.

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



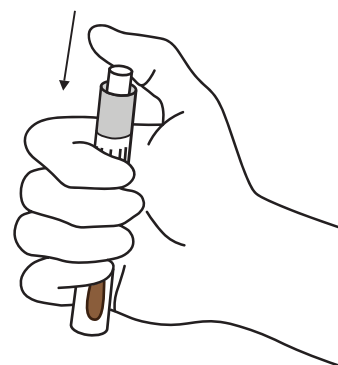
- iv. Place the swab (fabric tip first) into the transport tube and snap the swab handle against the side of the transport tube. Take care to avoid any external contamination of the device. There is an indented line along the swab handle to mark the point of which the swab will snap. Discard the swab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

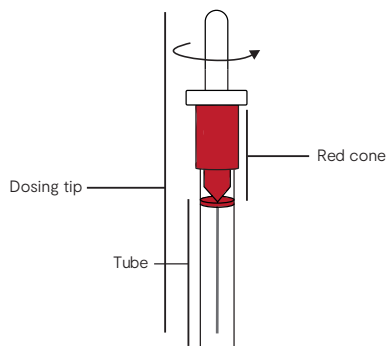


- vi. Press the plunger until it is completely inside the cap. Shake the transport tube to ensure the liquid coats the fabric tip of the swab.

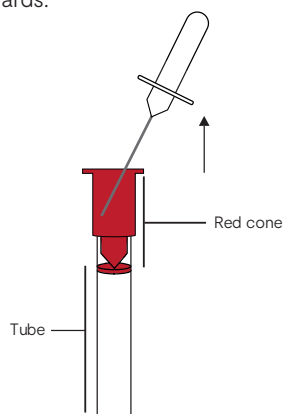


## ScheBo® swab instructions

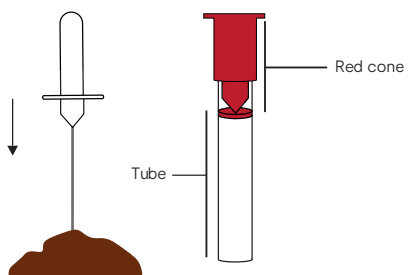
- i. Turn the white dosing tip anti-clockwise.



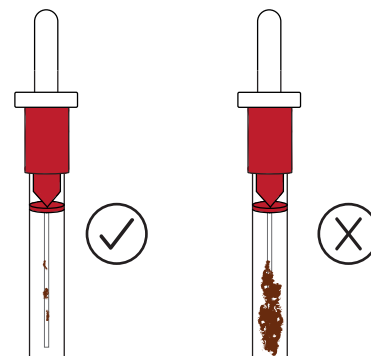
- ii. Remove the dosing tip from the transport tube by pulling it upwards.



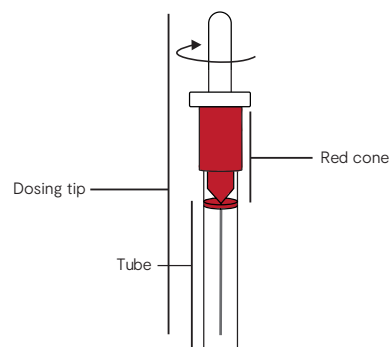
- iii. Insert the dosing tip into the stool sample to a depth of 1 cm ensuring all notches on tip contact the stool and then remove.



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

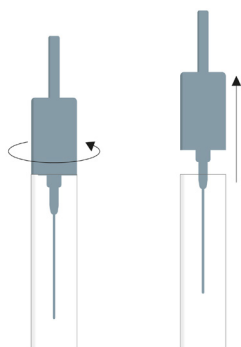


- iv. Repeat this collection procedure 3 times in 3 separate locations of the stool.  
 v. Insert the dosing tip into the transport tube via the red cone. Take care to avoid any external contamination of the device.  
 vi. Turn the dosing tip clockwise until the tip locks into the red cone.

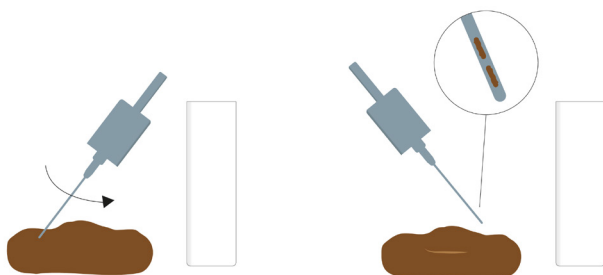


## Auto MC swab instructions

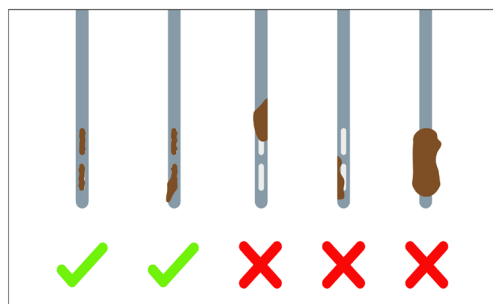
- i. Unscrew the top of the sample tube anti-clockwise to expose the sampling tip.



- 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.