

# GI EcologiX™

ECOGI002 – GI health markers only (ELISA)

ECOGI003 – Calprotectin standalone (ELISA)

ECOGI004 – H. pylori stool antigen standalone

ECOGI006 – Pancreatic elastase standalone (ELISA)

## Read all instructions carefully before beginning

### 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.

#### 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.

### 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 ScheBo® swab                           | <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 ScheBo® 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 ScheBo® swab – instructions on page 4.
8. Ensure the lid of the swab 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.
10. Dispose of gloves and cardboard tray appropriately.
11. Place the sample swab into the zip-lock side of the biohazard bag, with the white absorbent sheet. Seal the bag tightly.
12. 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.
13. The biohazard bag should now include: the completed swab, the white absorbent sheet, and the completed test requisition form. Place the biohazard bag into the test kit box it arrived in.

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**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:**

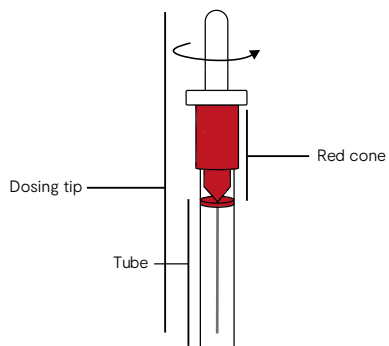
Arrange an international priority service directly to the laboratory using a courier of your choice. A clinical pack is provided if required.

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

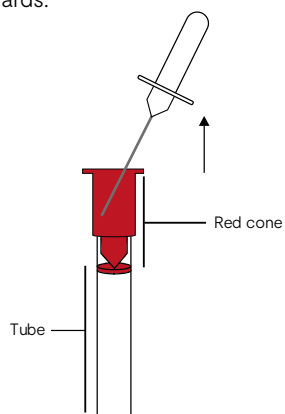
It is advisable to contact Invivo ahead of shipping to make them aware of an international delivery.

## ScheBo® swab instructions

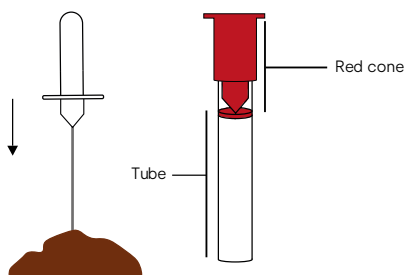
- i. Turn the white dosing tip anti-clockwise.



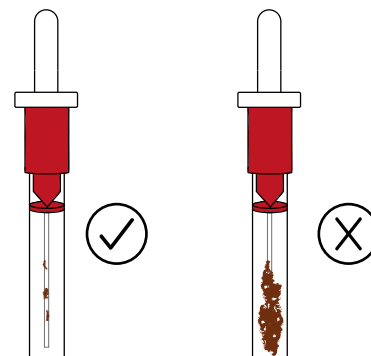
- ii. Remove the dosing tip from the transport tube by pulling it upwards.



- 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.

