

GI EcologiX™

ECOGI005 GI Microbiome Only (qPCR)

Read all instructions carefully before beginning.

IMPORTANT INFORMATION

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

Timing your collection

- + Your sample needs to be returned to our laboratory between Monday – Friday.
- + Your sample must be shipped within 24 hours of collection.
- + Your sample must be returned in the box that your test kit was sent in. This is a legal requirement & your sample may be rejected if this step is not followed.
- + Please do not collect your sample if you are menstruating at the time of the sample collection. Wait 1 day after menstruation ceases.
- + If you have had a colonoscopy, please wait 4 weeks post-procedure to take the sample.
- + 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.

Considerations

- + It is not recommended that you change any prescribed or regular medications or supplements without seeking advice from a suitably qualified healthcare provider.
- + Some medications or supplements are known to have an impact on the test results. If agreed with your healthcare provider, please follow the preparation guidelines on page 2.
- + Long term antibiotics & probiotics can be continued but usage should be disclosed to your practitioner so they are able to interpret the results with that in mind.

Receiving Your Results

- + The turnaround time for test results is 15 working days from the day the sample arrives at our lab.
- + Weekends & bank holidays are not included in the turnaround time.
- + When your results are ready, your healthcare provider will receive an email notification letting them know your results are ready to be downloaded from our secure lab portal.
- + Your results can only be downloaded by your healthcare provider.

Kit contents

- + 1 faecal collection device
- + 1 eNAT (liquid) collection swab
- + 1 biohazard bag
- + 1 absorbent white sheet
- + 1 test requisition form (TRF)
- + 1 pair of latex-free gloves
- + 1 addressed mailing bag
- + 1 sample sticker



PREPARATION

14 DAYS BEFORE COLLECTING SAMPLE

- + Complete any courses of short term medications such as antibiotics or antifungals

7 DAYS BEFORE 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 BEFORE 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 Rennies or Gaviscon.

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

DAY OF SAMPLE 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.
- + 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.

Checklist

- Complete test requisition form (TRF)
- Complete the eNat collection swab
- Place swab 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 mailing bag
- Arrange sample return



Sample Collection

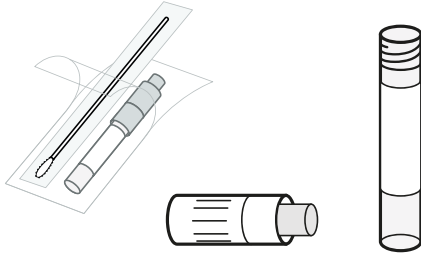
1. Write in block capitals, using a permanent marker, the following information on the test requisition form and the sample sticker:
 - + Your full name
 - + Your date of birth
 - + Date & time of collection
2. Peel the completed sample sticker off its backing and attach to the outside of the biohazard 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.
5. Complete the stool sample onto the collection device. Take care not to contaminate the sample with urine.
6. Collect the eNAT (liquid) swab - instructions on page 4 and video instructions can be found: 
Scan QR code or visit: <https://invivohealthcare.com/resources/enat-instructions/>
7. 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 appropriately.
8. Place the sample swab into the zip-lock side of the biohazard bag, with the white absorbent sheet.
Seal the bag tightly.
9. 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.
10. The biohazard bag should now include: the completed sample swab, the white absorbent sheet, and the completed test requisition form. Place the biohazard bag into the test kit box it arrived in.
11. Ship your completed and packaged test kit to us.

Swab instructions →



eNAT (liquid) swab instructions

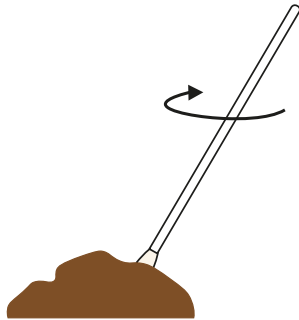
1. Peel open the protective packaging of the eNAT swab.
2. Remove the lid of the transport tube and place the tube upright in close proximity.



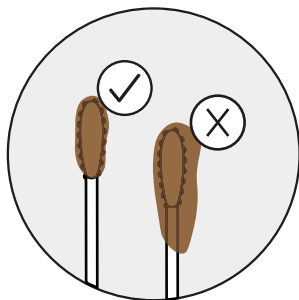
3. Insert the swab into the stool sample and twist.

Saturate the entire tip of the swab with the stool sample.

Repeat this collection procedure 3 times in 3 separate locations of the stool.



Your sample will be rejected if the swab is overloaded or the tube device is overfilled with stool sample



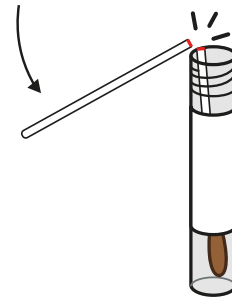
Scan here for video instructions

4. 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.

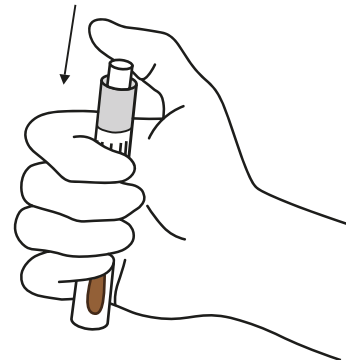
Discard the swab handle.



5. 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.



6. 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.



Sample will be rejected if the plunger is not in, the cap is not screwed on correctly or the vial is leaking.

