

GI EcologiX™

ECOGI002 - GI Health markers only (ELISA)

Read all instructions carefully before beginning.

IMPORTANT INFORMATION

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 Auto MC Swab
- 1 ScheBo® collection swab
- 1 biohazard bag
- 1 absorbent white sheet
- 1 test requisition form (TRF)
- 1 pair of latex-free gloves
- 1 unpaid addressed 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)
- Stick the completed ID sticker on biohazard bag
- Complete both swabs
- Place swabs into the biohazard bag
- Completed TRF into side pocket of biohazard bag
- Place biohazard bag into test kit box
- Put test kit box into the mailing bag
- Arrange sample return



SAMPLE COLLECTION

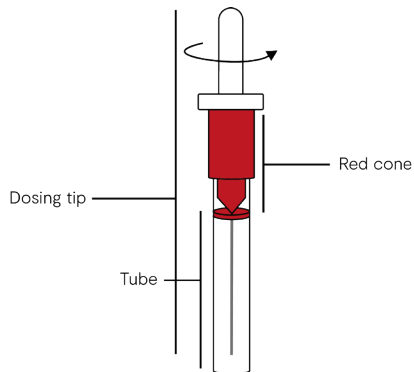
1. Write in block capitals, using a permanent marker, the following information on the test requisition form and the sample sticker:
 - + Your full name
 - + Your date of birth
 - + Date & time of collection
2. Peel the completed sample sticker off its backing and attach to the outside of the biohazard 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 ScheBo® swab - instructions on page 4, ensuring the lid of the sample tube is tightly sealed.
7. Collect the Auto MC swab - instructions on page 5, ensuring the lid of the sample tube is tightly sealed.
8. 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.
9. Place the sample swabs into the zip-lock side of the biohazard bag, with the white absorbent sheet. Seal the bag tightly.
10. 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.
11. The biohazard bag should now include: two 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.**
12. Ship your completed and packaged test kit to us.

Swab instructions →

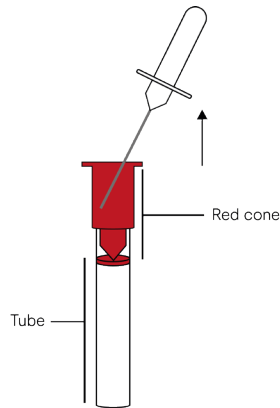


ScheBo® swab instructions

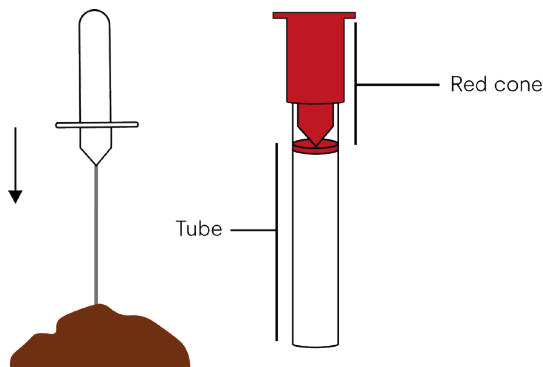
1. Turn the white dosing tip anti-clockwise.



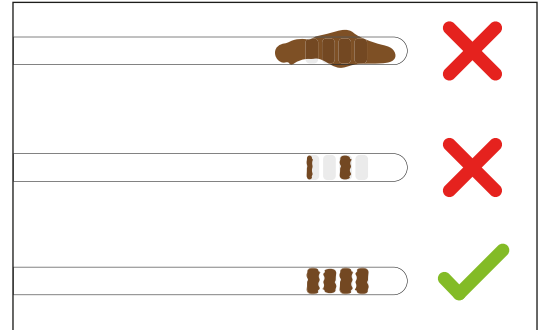
2. Remove the dosing tip from the transport tube by pulling it upwards.



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

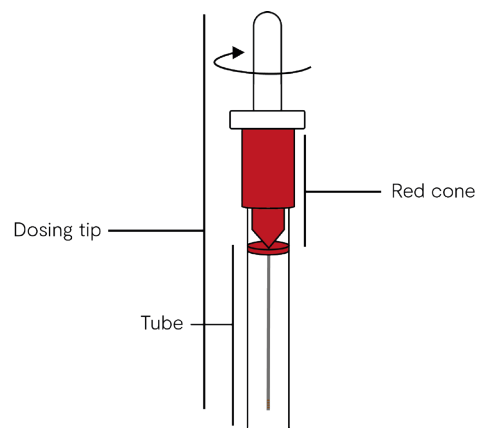


Your sample should completely fill in the 4 small notches at the tip of the swab as pictured below.



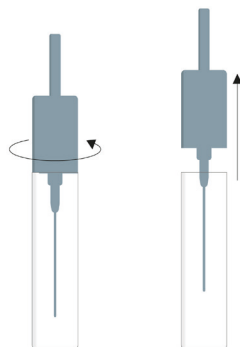
Your sample will be rejected if this device is insufficiently filled or overfilled

5. Insert the dosing tip into the transport tube via the red cone. Take care to avoid any external contamination of the device.
6. Turn the dosing tip clockwise until the tip locks into the red cone.

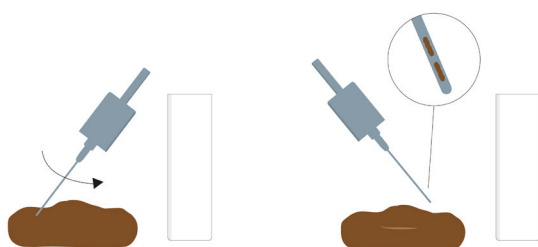


Auto MC swab instructions

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

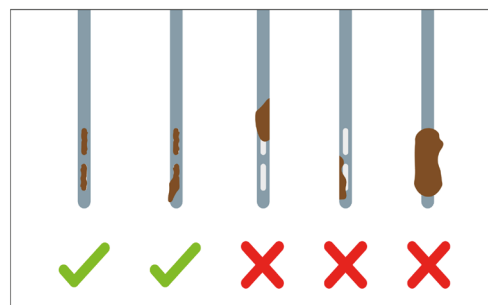


2. Insert the sampling tip of the swab into the stool sample and scrape the tip along the stool sample.



3. 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.

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



4. 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.
5. Replace the swab into the sample tube and twist clockwise to close securely.
6. Once the completed swab is in the tube, do not remove and re-collect.

