

# Urinary EcologiX™

ECOUR001

## Read all instructions carefully before beginning

### Hazards & precautions

The sample collection tube contains boric acid, a preservative that ensures the urine sample is suitable for testing. **Please do not discard it.** Whilst the powder is non-hazardous, it can cause skin irritation and can be harmful if ingested, so please:

- If you accidentally get powder on your hands, wash immediately with plenty of soap and water
- Do not ingest. If the powder is accidentally ingested, attend A&E immediately
- Keep out of the reach of children

### Important information

- Make sure your bladder is full before taking the sample. We recommend you collect the first urine of the day or, alternatively, do not drink excess fluid for 2 hours prior to collecting your sample.
- Your sample needs to arrive at the laboratory between Monday to Friday and must be shipped within 24 hours of collection, ideally the same day it was collected. **Please do not refrigerate your sample before sending**, keep it at room temperature.
- If you are also collecting a vaginal swab for the **Vaginal EcologiX** test, please ensure that the vaginal swab is taken before the urine sample collection.

### 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 short term prescriptions of antimicrobial therapy such as antibiotics or antifungals.

#### 7 Days prior to collecting sample:

- Discontinue (where possible) the use of probiotics.
- Complete courses of botanical antimicrobials, antifungals & douches

#### 24 Hours prior to collecting sample:

- Abstain from sexual intercourse.

#### Day of collection:

- Do not apply vaginal lotions, creams, or emollients before taking the test.
- Do not collect samples when menstruating.

#### Note:

- 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

- 1 Peezy urine collection device
- 1 biohazard bag
- 1 absorbent white sheet
- 1 test requisition form (TRF)
- 1 unpaid mailing bag

### Checklist

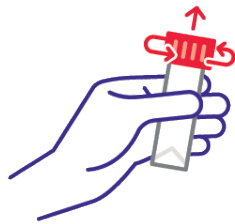
- Complete test requisition form (TRF)
- Complete the collection of urine
- Tightly secure the lid of the sample tube
- Place the filled sample tube into into the biohazard bag
- Place the completed TRF into the side pocket of the biohazard bag
- Place biohazard bag into the test kit box your kit arrived in
- Put test kit box into the mailing bag
- Arrange sample return

### Sample Collection

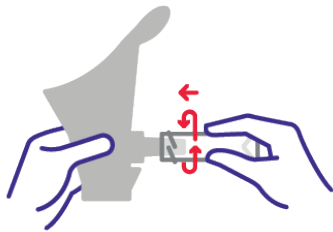
1. Write in block capitals, using a permanent marker, the following information on the test requisition form:
  - Your full name
  - Your date of birth
  - Date & time of collection
2. Wash your hands and remove the Peezy urine collection device from its packaging.
3. Write your **name, the date and time** of collection on the red topped bottle.
4. Collect the urine sample following the instructions on page 4.
5. Dispose of the Peezy urine collection device in your household waste.
6. Ensure the lid is tightly closed and place the sample tube into the biohazard bag and seal it.
7. 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.
8. The biohazard bag should now include: the red topped tube containing your urine sample, the white absorbent sheet and the completed test requisition form in the side pocket.
- 9. Place the biohazard bag into the test kit box it arrived in and place this into the addressed mailing bag.**

## Peezy Urine Collection Instructions

1. Wash your hands and remove the Peezy collection device from its packaging.
2. Remove the lid from the red-topped container. Do **not discard the powder** and make sure to avoid contact with skin. Place the red cap on a clean surface ensuring the inside of the lid is facing upwards.



3. Screw the tube onto the Peezy urine collection device securely as shown below.



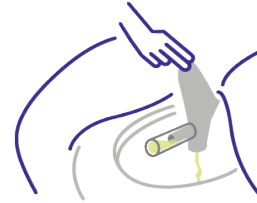
4. Use the genital wipe provided to clean the area around the opening of the urethra.



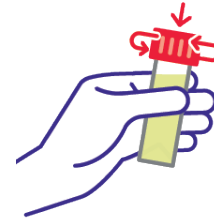
5. Sit well back on the toilet and hold the Peezy in place for urine collection, as shown.



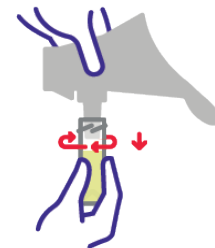
6. Start urinating. The first part of the urine will flow out of the bottom of the Peezy and then the tube will fill. **Don't worry the collection device won't overflow.**



7. When you have finished, count to 10 – this lets the Peezy drain.



8. Hold the tube containing the urine sample upright and detach the collection device. It is not necessary to pour any excess urine away – the "fill to" line is for guidance only.



9. Screw the red cap back onto the collection tube.

**Note: Please ensure the cap is tightly secured to prevent leaking!**

10. Mix the sample after collection by inverting the tube several times.

For video instructions of how to use the Peezy urine collection device, scan this QR code:

