

Instructions

Vaginal EcologiX™



Please read all instructions
carefully before beginning

IMPORTANT INFORMATION

Timing your collection

- + Your sample needs to arrive at the laboratory between Monday to Friday, and should be shipped within 24 hours of collection, so please plan taking your sample accordingly.
- + The Vaginal EcologiX™ is a self swab, so we ask that anyone who uses it is above the age of consent (16+) in the UK. If it is used in someone under this age, it must be in conjunction with suitable safeguarding and a general practitioner.
- + You must return your sample in the box that your test kit was sent in. This is a legal requirement and your sample may be rejected if this step is not followed.

NOTES

- + 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.
- + Measuring vaginal pH is easy and painless. Please read the instructions below before starting. The diagram is located on the sachet.
- + 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.
- + Vaginal EcologiX is not suitable for self-testing in pregnancy. Samples can only be collected by your qualified healthcare professional if deemed safe to do so during pregnancy.

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 BEFORE COLLECTING SAMPLE

1. **Complete** (where possible) any courses of short term medications such as antibiotics or antifungals.

7 DAYS BEFORE COLLECTING SAMPLE

1. **Discontinue** (where possible) use of probiotics.
2. **Complete** courses of botanical antimicrobials, antifungals & douches.

24 HOURS BEFORE COLLECTING SAMPLE

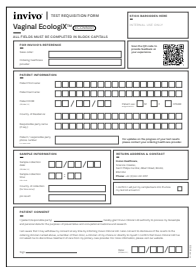
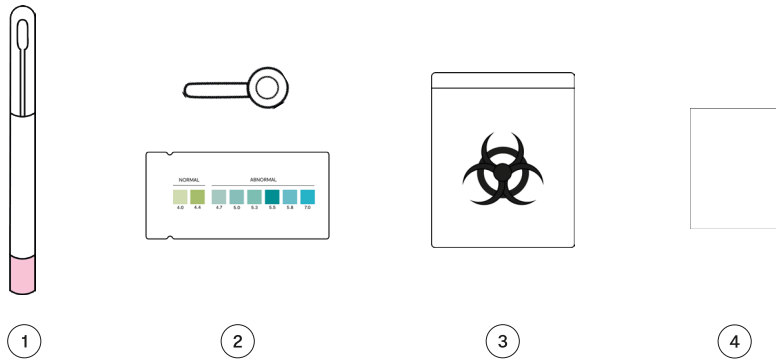
1. **Abstain** from sexual intercourse.

DAY OF SAMPLE COLLECTION

1. Ensure you have **read & understand all instructions before beginning**. If you need any assistance please call our Customer Services team on **0333 241 2997**.
2. **Discontinue** (where possible) the use of prebiotics.
3. If using steroid cream for the anus, shower & ensure it is completely washed off before completing the test.



KIT CONTENTS



1. Vaginal swab inside collection tube
2. pH test kit
3. Biohazard bag
4. Absorbent white sheet
5. Test requisition form (TRF)
6. Test kit box (the box your test came in)
7. Unpaid addressed mailing bag

CHECKLIST

To ensure your samples are not rejected, please ensure you have checked off every point in the below checklist.

CHECKLIST

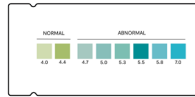
- Read all instructions carefully before beginning
- Complete test requisition form (TRF)⁵
- Take pH reading² (pages 6-7) and write the result on the TRF⁵
- Complete vaginal swab¹ sample (pages 8-10)
- Place the completed swab and the TRF⁵ into the biohazard bag³ with absorbent sheet⁴
- Place biohazard bag³ into test kit box⁶
- Put the test kit box⁶ into the mailing bag⁷
- Arrange sample return

pH TEST INSTRUCTIONS

Your pH swab kit will contain:

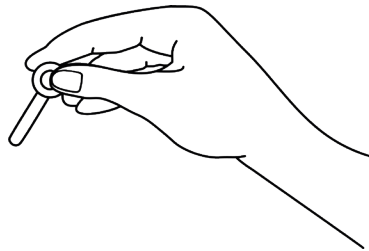


Applicator



pH colour chart

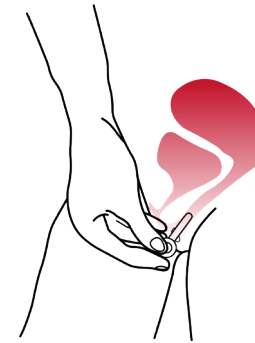
1. Wash your hands & remove the pH test ^② carefully from the sachet, be careful to not touch the area of the applicator that measures the pH.
2. Hold the applicator by the apprehension ring between your thumb and index finger. Your thumb should always be on the side of the vaginal applicator, (be careful to not touch the area of the applicator that measures the pH).



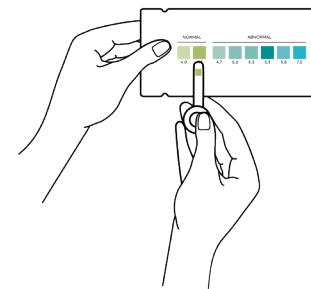
3. Sit down, knees apart, or stand with one foot on a stable surface. With your free hand, gently clear the opening of your vagina.

pH TEST INSTRUCTIONS

1. Carefully insert the applicator (about 1 to 3 cm deep and no further than the apprehension ring).



2. Carefully press the tube against the back wall of the vagina (the rectal side) for 10 seconds to saturate the test strip. This is very important for the test to work properly.
3. Carefully remove the applicator from the vagina and compare the coloured area to the colour chart. Write the result on the TRF ^⑤ and dispose of the pH test.



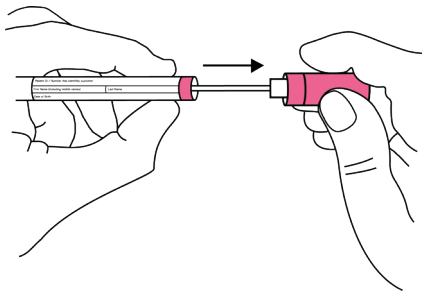
invivo TEST REQUEST FORM		CLICK HERE FOR MORE INFO
Vaginal Ecologix™		
ALL RESULTS MUST BE COMPLETED IN BLACK CAPITALS		
1. PATIENT INFORMATION		2. QR CODE
Name: <input type="text"/>		QR CODE
Date of Birth: <input type="text"/>		
3. TEST INFORMATION		4. SIGNATURE & CONTACT
Test Name: <input type="text"/>		Signature: <input type="text"/>
Test Date: <input type="text"/>		Contact: <input type="text"/>
5. PATIENT COMMENT		
Comments: <input type="text"/>		

Instructions continue overleaf →

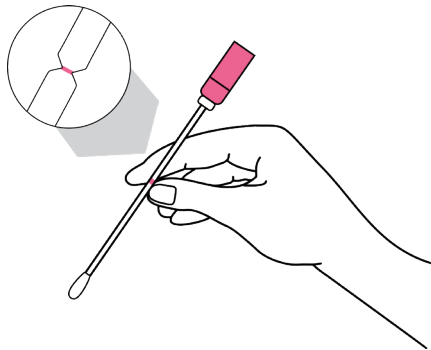
VAGINAL SWAB INSTRUCTIONS

One swab has been provided, please follow the instructions below.

1. Wash your hands before starting the test.
2. Hold the pink cap and remove the swab ^①. Place the tube on a clean surface, be careful not to touch the end of the swab as it would contaminate the sample.

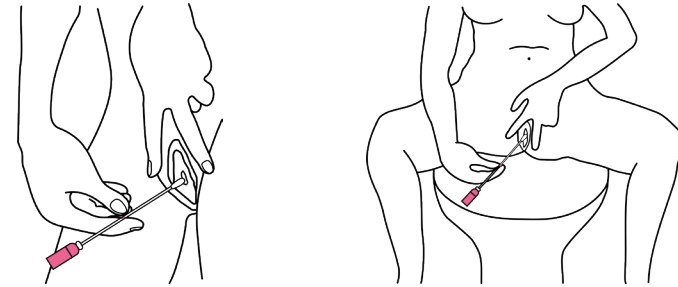


3. Hold the swab ^① at the red mark on the shaft, do not hold the swab from the pink cap during the collection procedure.

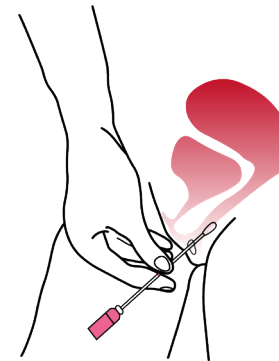


VAGINAL SWAB INSTRUCTIONS

1. Collect your sample in one of the following positions:



2. Carefully and slowly insert the swab ^① into the vagina until your fingers touch the vulva, gently rotate the swab 4 times before removing. If you experience any resistance, re-position yourself and attempt to re-insert the swab.

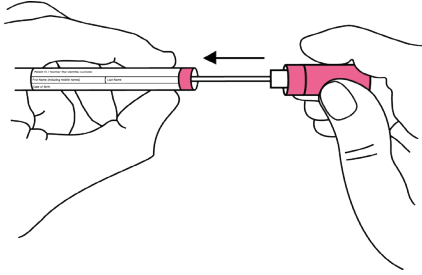


If you experience any unexpected bleeding, consult your healthcare professional immediately. Samples contaminated with blood will not be processed. Replacement swabs can be requested.



VAGINAL SWAB INSTRUCTIONS

1. Holding the swab ^① by the pink cap, place the swab ^① inside the plastic tube and close tightly.



2. Place the swab ^① into the biohazard bag and seal it.
3. Put the biohazard bag ^③ containing the swab ^① and the completed TRF ^⑤ **into the test kit box** ^⑥, put this into the unpaid addressed mailing bag ^⑦.



Please note the turnaround time for test results is 15 working days from the date the sample arrives at our lab.

Weekends & bank holidays are not included in the turnaround time.

invivo[®]

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