Návod na použitie

Instructions for use

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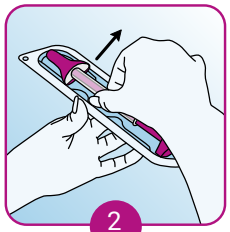
evalyn® brush

Súprava Evalyn Brush je sterilná pomôcka, ktorá umožňuje vykonávať samovyšetrovacie testy v domácom prostredí. Použitím súpravy Evalyn Brush si môžete jednoducho a bezbolestne odobrať vzorku vaginálnych buniek. Tento materiál sa potom analyzuje v profesionálnom laboratóriu.

Dôležité upozornenia

- Nepoužívajte, ak je balenie súpravy Evalyn Brush poškodené, alebo ak uplynul dátum exspirácie.
- Nepoužívajte počas menštruácie.
- Nepoužívajte počas tehotenstva ani tri mesiace po skončení tehotenstva.
- Nepoužívajte žiadne iné vaginálne produkty najmenej dva dni pred použitím súpravy Evalyn Brush. Vaginálna antikoncepcia, kondómy a lubrikanty na báze vody sa môžu používať ako obvykle.
- Len na jedno použitie.
- Opätovné použitie môže viesť k infekcii a/alebo nesprávnej diagnóze.

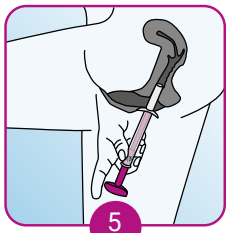
Pred použitím si umyte ruky.



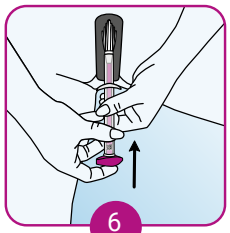
Vyberte pomôcku Evalyn Brush z obalu. Obal nezahadzujte, pretože ho po použití budete potrebovať na odoslanie súpravy Evalyn Brush do laboratória.

Palcom a ukazovákom stlačte bočné strany ružového uzáveru na odstránenie ružového uzáveru z pomôcky Evalyn Brush. Dbajte na to, aby ste sa rukami nedotýkali bielej kefky pomôcky Evalyn Brush!

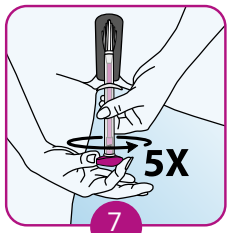
Odoberte vzorku v stoji. Majte pritom pevný postoj (ako napríklad pri vkladaní tampónu).



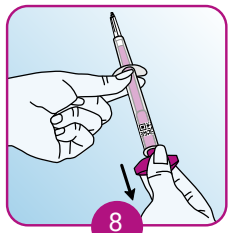
Jednou rukou roztiahnite pysky ohanbia a druhou rukou vložte pomôcku Evelyn Brush do vagíny, až kým sa krídelká nedotknú pyskov ohanbia.



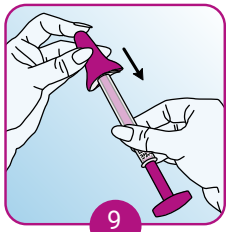
Držte priehľadné puzdro jednou rukou a druhou rukou zatlačte ružový piest smerom k priehľadnému puzdru. Budete počuť a cítiť kliknutie, keď sa kefka dostane do správnej polohy s ružovým piestom presne oproti puzdru.



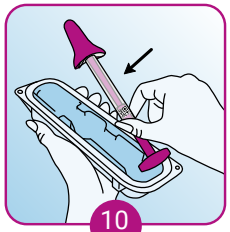
Päťkrát otočte ružovým piestomrovnakým smerom. Po každom otočení zaznie kliknutie. To vám pomôže spočítať počet otočení. Po piatich otočeniach piestu opatrne vyberte pomôcku Evalyn Brush.



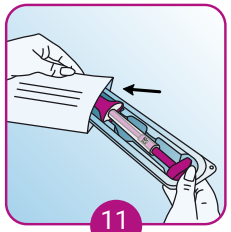
Jjednou rukou držte priehľadné puzdro a druhou rukou potiahnite ružový piest, až kým sa biela kefka nezasunie do puzdra. Pri tejto činnosti sa nedotýkajte vrchnej časti pomôcky Evalyn Brush nad krídelkami.



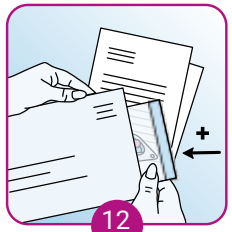
Držte priehľadný koniec, aby ste sa uistili, že biela kefka sa znova nevysunie. Použitím palca a ukazováka a nasaďte ružový uzáver späť na pomôcku Evalyn Brush. Po správnom zapadnutí na svoje miesto budete počuť cvaknutie.



Vložte pomôcku Evalyn Brush späť do obalu.



Vložte obal s pomôckou Evalyn Brush do priloženého plastového vrecka a uzavrite ho.



Na odoslanie plastového vrecka s obsahom súpravy Evalyn Brush spolu s ďalšími požadovanými informáciami použite návratnú obálku

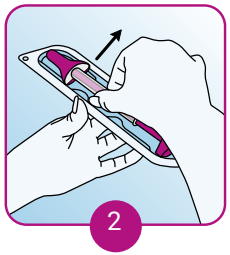
evalyn® brush

The Evalyn Brush kit is a sterile device designed for self-sampling in the comfort of your home. Using the Evalyn Brush kit, you can easily and painlessly collect a sample of vaginal cells. The collected sample is then analyzed in a professional laboratory.

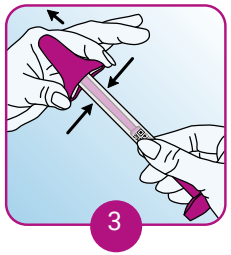
Important warnings

- Do not use the Evalyn Brush kit if the packaging is damaged or if the expiration date has passed.
- Do not use during menstruation.
- Do not use during pregnancy or within three months after the end of a pregnancy.
- Do not use any other vaginal products for at least two days before using the Evalyn Brush kit. Vaginal contraceptives, condoms, and water-based lubricants may be used as usual.
- For single use only.
- Reuse may lead to infection and/or an incorrect diagnosis.

Wash your hands before use.

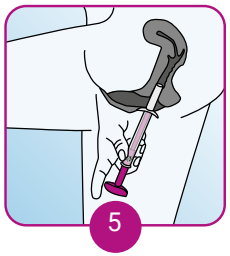


Remove the Evalyn Brush device from its packaging. Do not discard the packaging, as you will need it later to return the Evalyn Brush kit to the laboratory after use.

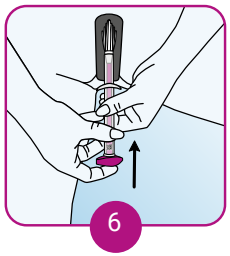


Using your thumb and index finger, squeeze the sides of the pink cap to remove it from the Evalyn Brush device. Be careful not to touch the white brush of the Evalyn Brush device with your hands.

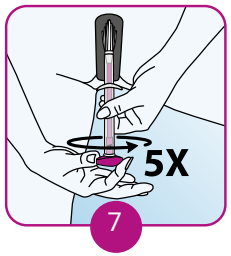
Collect the sample while standing. Make sure you are in a stable position (similar to when inserting a tampon).



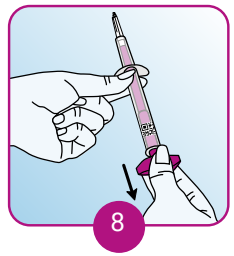
With one hand, gently spread the labia and, with the other hand, insert the Evalyn Brush device into the vagina until the wings touch the labia.



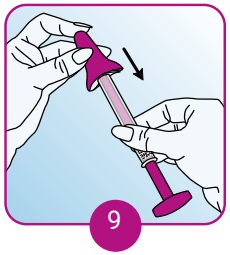
Hold the transparent casing with one hand and, with the other hand, push the pink plunger toward the transparent casing. You will hear and feel a click when the brush reaches the correct position, with the pink plunger aligned flush against the casing.



Rotate the pink plunger five times in the same direction. You will hear a click after each rotation, which will help you keep count. After the fifth rotation, carefully remove the Evalyn Brush device.

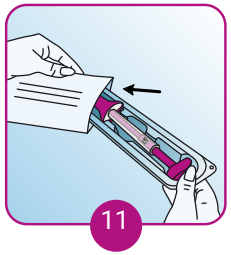


Hold the transparent casing with one hand and pull the pink plunger with the other hand until the white brush retracts completely into the casing. While doing this, do not touch the upper part of the Evalyn Brush device above the wings.

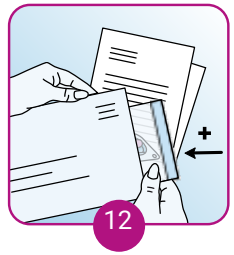


Hold the transparent end of the device to ensure that the white brush does not extend out again. Using your thumb and index finger, place the pink cap back onto the Evalyn Brush device. You will hear a click when the cap is securely in place.

Place the Evalyn Brush device back into its packaging.



Place the packaging containing the Evalyn Brush device into the provided plastic bag and seal it securely.



Use the return envelope to send the sealed plastic bag containing the Evalyn Brush kit, along with any other required information, to the laboratory.

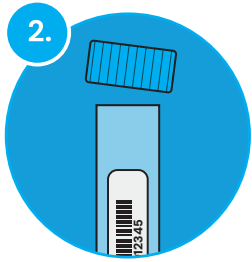
Návod na odber

Vzorka moču

1.

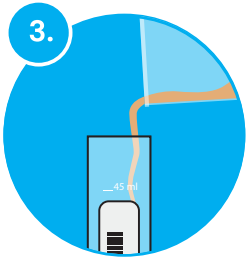
Ranný moč odoberte
do ľubovoľnej nádobky.

2.



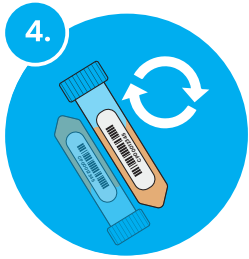
Otvorte priloženú skúmavku
so stabilizačným roztokom.

3.



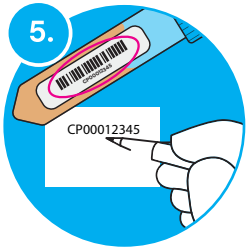
Pomaly prelejte moč
do tejto skúmavky,
až do výšky 45 ml.

4.



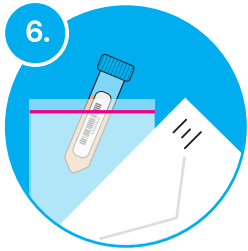
Skúmavku ihneď zatvorte
a jemne prevráťte 5 až 7 krát,
aby sa stabilizačný roztok
premiešal s močom.

5.



Dôležité: Odpíšte a uchovajte
si kód zo skúmavky.
Prípadne tiež napíšte
Vaše meno na skúmavku.

6.



Uzavretú skúmavku
vložte najprv do priloženého
sáčiku, potom do obálky
a **bezodkladne po odbere** odošlite.

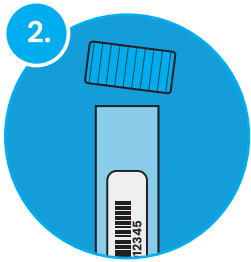
Instructions for Sample Collection

Urine Sample

1.

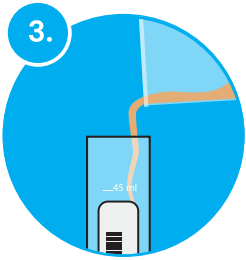
Collect the first morning urine in any container.

2.



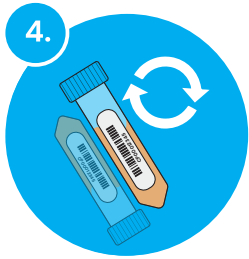
Open the provided test tube containing the stabilizing solution.

3.



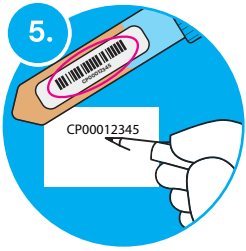
Slowly pour the urine into the test tube until it reaches the 45 ml mark.

4.



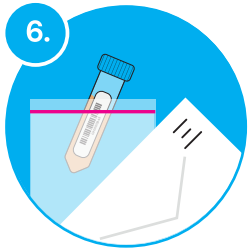
Immediately close the test tube and gently invert it 5 to 7 times to mix the stabilizing solution with the urine.

5.



Important: Write down and keep the codefrom the test tube. Optionally, write your name on the test tube as well.

6.



Place the sealed test tube first into the provided bag, then into the envelope, and send it **without delay after** collection.