APPENDIX C
INSTRUCTIONS AND LIMITATIONS

C.1. Instructions

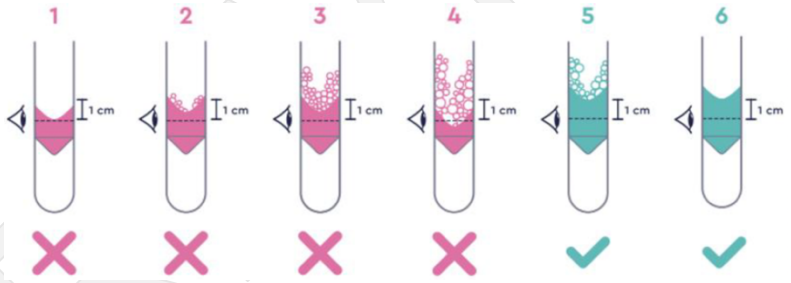
C.1.1 Sampling must take place in the Ziwig test kits provided by LG. The test kits consist of:

- An Endotest-box with prepared adhesive tape used when you send the box back to us. On the inside of the lid there is a simple instruction on how to take the sample.
- An instruction sheet for more detailed guidance through the sampling.
- A specimen bag where the test tube should be placed after sampling, after which the specimen bag is sealed closed.
- A plastic box containing the test tube, a new lid that is screwed on after sampling, and two barcode labels on the bottom of the plastic box.

C.1.2 Before sampling; check that the test kit and its contents are intact, and that the expiry date has not passed. The expiry date is written on the test tube.

C.1.3 Note that the sampling requires the highest quality of saliva. The analysis sequences micro RNA molecules, and it is of the utmost importance that these micro RNAs come from the patient and not something the patient has had in their mouth. The patient must therefore follow the instructions according to the referral form 30 minutes before the sample is taken.

C.1.4 The saliva should reach 1 cm above the black line on the tube. This is required for analysis to be possible. The quantity is important as 18 million micro RNA molecules must be collected for analysis to be possible. Saliva collection must be done under the supervision of a health care professional.



C.1.5 When a sufficient amount of saliva has been left in the tube, close the funnel lid so that the preservative runs down over the saliva. Unscrew the funnel, and screw on the screw cap. Gently turn the tube back and forth for 5 seconds to mix the saliva and the preservative. The funnel can be discarded.

C.1.6 The mixture of saliva and preservative must be translucent and transparent, without any coloring, or content of food residues or other impurities. If this cannot be met, you need to repeat the sampling in a new test kit.

C.1.7 NOTE: Stick one of the two barcode stickers from underneath the plastic box on the referral form. This is necessary to be able to connect the sample with the referral form. The second barcode sticker should be kept at its place below the plastic box.

C.1.8 Place the test tube in the specimen bag which you then seal closed. Put the specimen bag in the plastic box and pack it in the Endotest-box. Fold the signed referral form in the Endotest-box and seal it closed using the adhesive strip.

C.1.9 Keep the sample in room temperature and ship to LG as soon as possible. If it is Friday, or the day before a national holiday, it is better to keep the sample standing in room temperature at your clinic, to send it the following workday.

C.1.10 To send the sample to us, you pack the Endotest-box in a plastic bag or an additional box. Attach the shipping label you create and print from MyDHL+. Please also attach an “Exempt human specimens”-label on the package. The sample shall be sent to:

Life Genomics AB
Odinsgatan 28
411 03 Gothenburg, Sweden
+46 31-749 36 50

To book shipping, sign up for a free account at https://mydhl.express.dhl. Then, contact endotest@lifegenomics.se and you will be invited to use our account number for shipping with DHL Express.

C.2. Recommendations

C.2.1 The test is recommended in the morning on an empty stomach. However, this is not a requirement.

C.2.2 According to studies, the test has not proven to be affected by estrogen or progesterone, and can therefore be used during ongoing hormone treatment.

C.2.3 The test has not been shown to be dependent on where in the menstrual cycle the patient is, and can thus be used at any time during the menstrual cycle.

C.3. Limitations and shortcomings, which advise against prescribing the test

C.3.1 The test must not be prescribed to patients who have or have had: cancer, immunosuppressive viral infections (e.g. HIV), gynecological infection requiring surgery, or who show signs of saliva-borne infection.

C.3.2 The test must not be prescribed to patients who are pregnant.

C.3.3 At the time of writing, January 2024, the test is recommended for women between the ages of 18 and 43 who have one or more symptoms suggestive of endometriosis. If the patient is younger than 18 years or older than 43 years at the time of sampling, it must be refused. If the recommendations from Ziwig change, their recommendation applies above what is written in this Appendix.

C.3.4 Patients that appear to be under the influence of alcohol are advised against the test due to lack of validation whether this affects the micro RNA profile.

C.4. Limitations and shortcomings

C.4.1 Several studies have been published on the performance of the test and thus its limitations and shortcomings. For more information, see the publications on Ziwig's website: https://ziwig.com/en/science/

C.4.2 The demonstrated specificity and sensitivity of the test differ between studies, but confirms high quality and reproducibility.

C.4.3 At the time of writing, the test has a demonstrated specificity above 95%. The test thus gives at least 95% of women without endometriosis the correct diagnosis. This means that up to 5% of women without endometriosis will get the test result that they have endometriosis.

C.4.4 At the time of writing, the test has a demonstrated sensitivity above 95%. The test thus gives at least 95% of women with endometriosis the correct diagnosis. This means that up to 5% of women with endometriosis will receive the test result that they do not have endometriosis.