

Ruma Digital-System

Intake protocol for Ruma marker capsule with the app

You accept responsibility for your own urine test - an important step in your therapy.

Information

- Please make sure that you have a stable internet connection during the entire process. Furthermore, your smartphone needs to be charged at at least 25%.
- Please make sure that sufficient memory space is available for temporary storage of the intake video and subsequent encryption (approx. 100 MB).
- The intake protocol on the following pages guides you through marker intake in combination with the app. Marker intake needs to be performed exactly as specified in the protocol.
- **Incoming phone calls during recording of the intake video may interrupt recording depending on operating system and smartphone provider. Answering incoming calls will interrupt the video recording in any case. Therefore, do not answer any calls.**
- **During recording the app may not be closed or the smartphone be turned off since this aborts recording. Aborting a video recording will be interpreted as a failed attempt.**
- Each marker can only be used once.

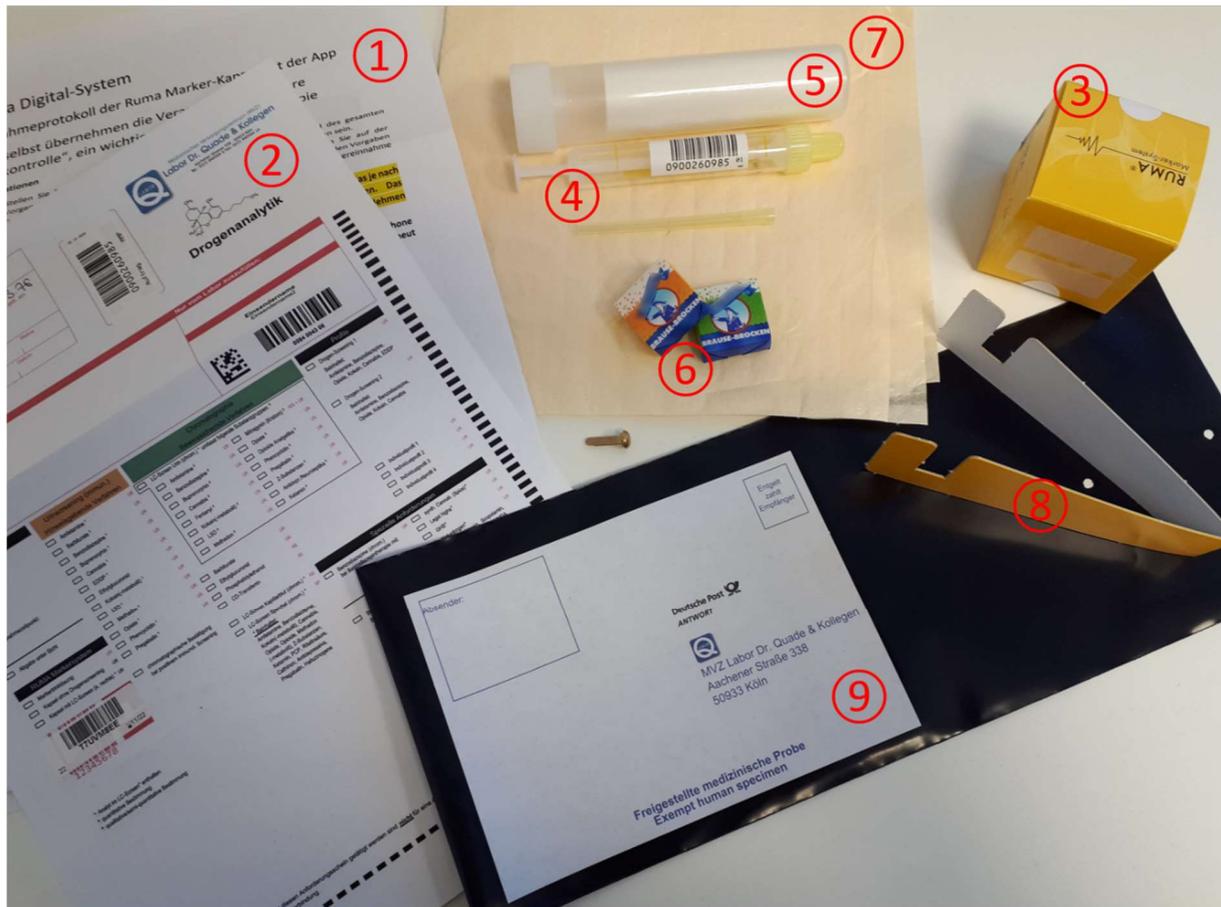
The marker set

Your medical office/clinic provides you with prepackaged marker sets for marker application. For each application you need one of these sets.

The following items must be present in the marker set:

- ① One intake protocol
- ② The prepared lab slip
- ③ One marker box
- ④ The monovette with the matching lab barcode on it and a monovette tip
- ⑤ One shipping tube for the monovette
- ⑥ Two sherbet candies
- ⑦ One protective bib
- ⑧ One smartphone holder
- ⑨ One return envelope

Please contact your physician if the marker set is not complete.



Preparation for marker intake and video recording:

- To set up your phone and to record the video you need a free space such as a table, a desk, a countertop or something similar.
- Make sure that there is sufficient lighting so that you and your actions are clearly visible in the video.
- When filming, your forearms must be bare. Roll up your sleeves if necessary.
- Have a clear glass of water ready (volume approx. 200-300 mL/7-10 oz). Then open the (yellow) marker box and place the marker dish that's in it and the sherbet candies unwrapped on the table before you.
- Remove any other objects from the recording area that may obstruct or obscure your actions.
- Please put on the neutral bib and attach it.
- Start the app, select "Start intake" and follow the instructions below.

No.	Step by step instructions for marker intake with video recording
1	<p>Scan the QR-Code of the outer packaging Scan the QR code of the outer packaging (yellow box) by showing the code to the rear camera until you see a green check mark on the display for confirmation. You can now put the outer packaging aside, it is no longer needed.</p>
2	<p>Scan the QR-Code of the marker dish Scan the QR code of the marker dish by showing the code to the rear camera until you see a green check mark on the display for confirmation.</p>
3	<p>Align camera Place the phone upright in the provided holder with the display to your seating position. Put on the protective bib. Use the live image on the display to align your phone and seating position. The camera should capture the free table top, your bare forearms and hands (wrap up sleeves if necessary), as well as your upper body and face. The white marker dish, the glass of water and the unwrapped sherbet candies must also be clearly visible on the table in the video.</p>
4	<p>Start video recording Press "Start recording" on the display. You will now see a timer at the bottom of the screen, counting down the remaining recording time. You have 120 seconds to complete intake of the marker capsule. You can stop recording after 60 seconds at the earliest.</p>
5	<p>Take out capsule Show all undamaged stickers of the marker dish to the camera. Next, peel off the grey security sticker. After that, open the dish in front of the camera. When the dish is open, place the palm of one hand on top of the open dish. Now turn your hand with the dish so that the capsule drops onto the palm of your hand. Put the dish aside and show your hand with the capsule on it to the camera.</p>
6	<p>Show capsule and place on tongue Take the capsule between thumb and forefinger of the other hand and show the capsule to the camera. Stick out your tongue and place the capsule on your tongue. Make sure to move your arm slightly to the side so it won't obstruct the camera's view on the capsule. Show the capsule on your tongue to the camera and take your tongue back into your mouth.</p>
7	<p>Swallow capsule Now drink the water and swallow the capsule. Put the water glass back on the table in front of the camera after you swallowed the capsule. Then open your mouth wide and stick out your tongue.</p>
8	<p>Chew sherbet candy Chew the two sherbet candies one after the other for at least 30 seconds with your mouth open until you can swallow them. Then stick your tongue out with your mouth wide open. It must not be blue.</p>
9	<p>End recording Press the stop button (symbol on the lower left side of the screen) on the display of your phone to stop recording. Else, recording stops automatically at the end of the 120 second time frame.</p>
	<p>Note: The marker capsule dissolves in the mouth if not swallowed. If the capsule is not swallowed it will color the inside of your mouth and your tongue blue because the food colorant contained in the capsule is released.</p>