

General Guidelines

- Do not eat or drink anything for a minimum of 30 minutes prior to specimen collection.
- Do not touch the swab tip or lay it down on any surfaces.
- Ensure the transfer tubes are labeled properly with the patients information.
- **24 Hours Prior To Collection** abstain from participation in oral sex and use of antimicrobial mouthwashes.
- **Day of Collection** if wearing dental prosthesis, do not apply fixing cream before collection the sample.

Medical Precautions

- Do not make any changes to prescribed or regular medications/supplements without specific guidance from your healthcare provider.
- **14 Days Prior To Collection** complete any courses of short term medication such as antibiotics or anti-fungals.
- **7 Days Prior To Collection** discontinue (where possible) anti-inflammatories and use of probiotics.
- **7 Days Prior To Collection** complete courses of botanical antimicrobials or anti-fungals.

USBioTek Laboratories' Specimen Collection for liquid urine is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper collection.



For More Detailed Instructions: For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen

Phone: +1.206.365.1256 | usbiotek.com
16020 Linden Ave N, Shoreline, WA 98133 USA

US BIOTEK LABORATORIES

Better Health Through Better Testing



Oral Microbiome
Collection Instructions


GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.


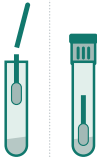
Tips to ensure a proper collection:

- DO NOT eat or drink for a minimum of 30 minutes prior to specimen collection.
- This is a 2 part collection process, to be completed with 2 different collection devices. Follow directions carefully.
- Ensure the specimen tubes are properly labeled with patient information and that the information matches the requisition form exactly.



STEP 1

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the collection tube with the the patient's name and date of collection (unlabeled specimen tubes will not be processed).3. Fill out the requisition form with all required patient information. IMPORTANT: Ensure the information on the requisition form & transfer tubes match exactly.
-------------	---	--


STEP 2 | SWAB

COLLECT	
	<ol style="list-style-type: none">1. Open the swab packet and hold the shaft of the swab so that the score is just beyond the tips of your fingers.2. Swab the left and right cheek for 30 seconds by rotating the swab around.3. Withdraw the swab carefully. Do not let the swab touch any surfaces before placing in the collection tube.
TRANSFER	
	<ol style="list-style-type: none">1. Remove the cap from the transfer tube. Be careful not to spill any of the specimen preservatives already present in the tube.2. Place the swab (cotton end) into the tube until the score line on the swab shaft aligns with the top of the transfer tube.3. Press the swab against the tube to break the swab shaft at the score line.4. Replace the tube cap and secure it tightly.

STEP 3 | SALIVA

COLLECT	
	<ol style="list-style-type: none">1. DO NOT eat or drink for a minimum of 30 min prior to saliva collection.2. Spit gently into the saliva funnel. Saliva Collection will take about 5-10 minutes to complete.3. Keep spitting until the liquid saliva (excluding all bubbles) fills the bottom of the tube and reaches the fill line. Shake tube gently to assist with saliva downward flow.
TRANSFER	
	<ol style="list-style-type: none">1. Hold the tube upright and slowly unscrew the top funnel. This will release a stabilizing solution into the tube.2. Shake the funnel gently to ensure all fluid transfers completely into the tube, then discard the funnel.3. Remove the lid from the bottom of the tube and screw it on to the top opening of the tube.4. Ensure tube is well sealed.5. Invert the transfer tube 5 times to mix the saliva with the stabilizing

STEP 4

RETURN		<ol style="list-style-type: none">1. Place the labeled transport tubes containing the swab and saliva into the biohazard bag with the absorbent pad and seal the bag.2. Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope.3. Ship the specimen to the lab.
---------------	---	--



For More Detailed Instructions:

For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen