

General Guidelines

- 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 any sexual intercourse.
- Do Not apply vaginal lotions, creams, or emollients before taking the test.
- Do Not wash your genital area prior to specimen collection.
- Do Not collect specimens when menstrating.

Medical Precautions

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

USBioTek Laboratories' Specimen Collection for vaginal microbiome 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



Vaginal Microbiome Specimen
Collection Instructions


GETTING STARTED

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

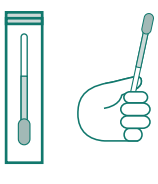
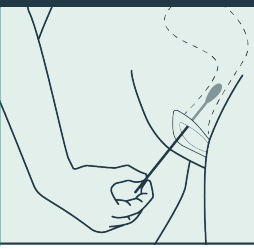
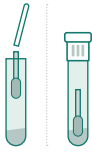
Tips to ensure a proper collection:

- **DO NOT** wash the vaginal area or apply vaginal lotions, creams, or emollients 24 hours prior to taking the test.
- This is a 2 part collection process, to be completed with 2 different collection devices. Follow directions carefully!
- **DO NOT** collect samples when menstruating.

STEP 1

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the collection tubes with 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 | DB ESWAB

COLLECT	
	
<ol style="list-style-type: none">1. Remove the application swab by peeling open the packaging.2. Hold the swab by the white application stick. Be sure to not touch the soft tip end of the swab.3. Hold the swab at the indentation point on the shaft. Do not hold the swab from the soft tip end of the stick during the collection procedure.4. Carefully and slowly insert the swab into the vagina until you fingers touch the vulva. Gently rotate the swab 4 times around the circumference of the vaginal walls in a clockwise motion. Note: If you experience an unexpected bleeding, consult your healthcare provider immediately.	
TRANSFER	
	
<ol style="list-style-type: none">1. Remove the swab and place into the ESwab Transport system container.2. Insert the swab until the pre-molded break point line meets the entry point of the collection vial (refer to image for guidance). Hold the swab securely in the collection vial and GENTLY snap off at the break point, ensuring the soft tip remains in the tube.3. Seal the ESwab Transport system container tightly.	

STEP 3 | MOLECULAR SWAB (GREEN TOP)

COLLECT	
	
<ol style="list-style-type: none">1. Twist the cap to break the seal of the swab container. Do Not Use if seal is broken or the shaft has no swab.2. Hold The Swab by the cap so that the soft swab is pointing towards you. Be careful not to touch the soft tip to any surfaces. If you touch the soft tip or drop the swab, please discard and request a new kit.3. With your free hand, gently spread the skin outside the vagina and insert the tip of the swab into the vaginal opening. Point the tip towards your lower back and relax your muscles.4. Gently slide the swab 2 inches (5cm) into the vagina. If the swab does not slide easily, gently rotate the swab as you push. If it is still difficult, do not attempt to continue self-collection; stop and consult your clinician.5. Rotate the swab for 15 seconds while making contact with the vaginal wall.6. Withdraw the swab with out touching the skin outside the vagina.	
TRANSFER	
	
<ol style="list-style-type: none">1. Using the DB Molecular Swab Buffer Tube (green Top) that also cam with the swab, fully insert the swab into the tube so that the tip is at the bottom.2. Hold the swab securely in the collection tube and gently break the shaft at the score mark. Ensure the swab remains in the tube and avoid splashing.3. Tightly re-cap the tube.	

STEP 4

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