US BioTek LABORATORIES

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, lubricants, creams, or emollients on the day of collection.
- This kit contains 2 ESwab collection tubes and swabs. **BOTH** swabs must be returned for processing!
- **DO NOT** collect specimens when menstruating.

General Guidelines

- DO NOT touch the swab tip or lay it down on any surfaces.
- Ensure the specimen tubes are labeled properly with the patient's information.
- **48 Hours Prior To Collection:** abstain from any sexual intercourse.
- **24 Hours Prior To Collection:** avoid washing your genital area prior to specimen collection.
- **DO NOT** apply vaginal lotions, creams, lubricants, or emollients before taking the test.
- **DO NOT** collect specimens when menstruating.

Medical Precautions

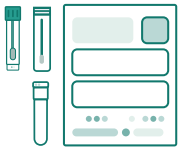
- **DO NOT** make any changes to prescribed or regular medications/supplements without specific guidance from your healthcare provider.
- **48 Hours Prior To Collection:** complete any courses of short-term medication such as antibiotics or antifungals.
- **7 Days Prior To Collection:** discontinue (where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

US BioTek Laboratories Specimen Collection is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper collection. All components of this kit are permitted for one-time use only.

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

STEP 1

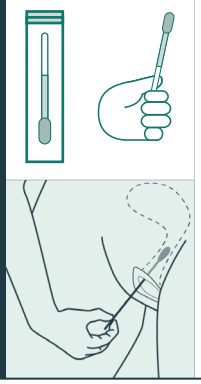
PREP



1. Lay out all the contents of your kit.
2. Label the collection tubes with your name and date of collection ***(unlabeled specimen tubes will not be processed).***
3. Fill out the requisition form and questionnaire with all required patient information.
   IMPORTANT: Ensure the information on the requisition form & collection tubes match exactly.

STEP 2

COLLECT

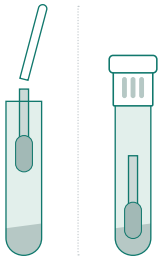


1. Wash your hands thoroughly.
2. Remove the application swab by peeling open the packaging.
3. Hold the swab by the white application stick. Be sure not to touch the soft tip end of the swab.
4. Hold the swab at the indentation point on the shaft. **DO NOT** hold the swab by the soft tip end of the stick during the collection procedure.
5. Carefully and slowly insert the swab into the vagina until your fingers touch the vulva. Gently rotate the swab 4 times before removing it. If you experience any resistance, reposition yourself and attempt to re-insert the swab.

Please note: If you experience any unexpected bleeding, consult your healthcare practitioner immediately.

STEP 3

TRANSFER



1. Remove the swab and place it 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 the 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. Only the soft tip end of the swab should be returned. Discard the handle portion above the indentation line after snapping off. **DO NOT CUT OR TOUCH THE SOFT TIP END OF THE SWAB.**
4. Seal the ESwab Transport system container tightly.
5. Write your name, date of birth, and date of collection on the vial where required. Place the completed vial to the side.
6. Repeat all of Step 2 and Step 3 with the second ESwab collection tube, then proceed to Step 4.

STEP 4

RETURN



1. Place BOTH labeled ESwab vials into the sealable section of the biohazard bag with the absorbent pad and seal the bag.
2. Place the completed requisition form and questionnaire into the non-sealable section of the bag.
3. Enclose the biohazard bag within the return shipping envelope and ship the specimen to the lab on the same day.

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