

**COLLECTION INSTRUCTIONS**

## Your oral microbiome collection

This test looks at the balance of bacteria in your mouth, from a single swab you take at home. A little preparation in the days before – and a thorough swab – keeps your result accurate.

**One swab**

a single sample

**30–60 seconds**

swab your whole mouth

**Post same day**

reply-paid envelope

### 1 Before you collect

Some medicines and supplements can affect your result. Don't change any prescribed or regular medication without your practitioner's guidance – then, where agreed with them, follow this timeline.

- **14 days before** – finish any short-term antibiotics or antifungals.
- **7 days before** – stop anti-inflammatories and probiotics where possible, and finish any courses of botanical antimicrobials or antifungals.
- **24 hours before** – avoid antimicrobial mouthwashes, and abstain from oral sex.
- **Day of collection** – if you wear dentures or a dental plate, don't apply fixing cream before you collect.

#### What's in your kit

- 1x ☐ ESwab collection tube (contains preservative)
- 1x ☐ Specimen transport bag
- 1x ☐ i-screen request form & collection instructions
- 1x ☐ Reply-paid padded return envelope

Something missing or a question about your kit? Email [info@i-screen.com.au](mailto:info@i-screen.com.au)

**The tube contains a preservative liquid**

Don't pour it out. Avoid getting it on your eyes or skin (rinse well with water if it happens), and don't inhale or swallow it. Read all the steps before you start.

**2 Collecting your sample**

Take the swab at least 30 minutes after eating, drinking, brushing or using mouthwash.

- 1 Wash your hands** thoroughly before you start.
- 2 Peel open the swab packaging** and take out the swab. Hold it by the white stick only – don't touch the soft tip.
- 3 Hold the swab at the indentation point** on the shaft during collection – not from the very end of the stick.
- 4 Swab your entire mouth for 30–60 seconds** – the roof, cheeks, teeth, gums, tongue and under your tongue.
- 5 Place the swab into the ESwab tube.** Push it in until the pre-moulded break point lines up with the top of the tube, then **snap the swab** at that point.
- 6 Discard the handle** (the part above the break point). Don't cut or touch the swab tip. Then **seal the tube tightly**.
- 7 Label the tube** with your name, date of birth and the time of collection.

### 3 Packing & returning

Post your sample the same day you collect. You're returning **one ESwab tube**.

- 1 Place the **labelled ESwab tube** into the sealed section of the specimen transport bag.
- 2 Complete your **i-screen request form** and **Patient Checklist Form** (this avoids delays), and place the request form into the **non-sealable** section of the transport bag.
- 3 Place the transport bag into the **reply-paid padded envelope** provided.
- 4 **Post it the same day** via your nearest Australia Post outlet or express post bin. If you'd like to track it, note the tracking number on the envelope.

**Your results:** Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready. Any questions before you start? Email us at **info@i-screen.com.au**.

If you're under the care of a health care practitioner, this test should be professionally requested and interpreted. Self-requested tests aren't intended to diagnose illness or disease, but to help monitor dietary and lifestyle changes.