

COLLECTION INSTRUCTIONS

Your vaginal microbiome collection

This test looks at the balance of bacteria and yeasts in your vagina, from two swabs you take at home. You collect the same way twice – both tubes are returned to the lab. A little preparation in the days before keeps your result accurate.



Two swabs

both tubes returned



Prep from 7 days

probiotics, meds, intercourse



Post same day

reply-paid envelope

1 Before you collect

Don't change any prescribed or regular medications or supplements without your practitioner's guidance. Where they're happy for you to, follow the timing below.

7 DAYS BEFORE

Stop taking probiotics, where possible.

48 HOURS BEFORE

Complete any short-term prescribed medication (for example, antibiotics).

24 HOURS BEFORE

No sexual intercourse.

DAY OF COLLECTION

No vaginal lotions, creams or emollients, and don't wash the genital area first.

Don't collect while menstruating. Wait until your period has finished. Without these precautions your results may be inaccurate, or a recollection may be needed.

What's in your kit

- 2x** BD ESwab Collection Tube and swab (white top) – **both must be returned**
- 1x** Specimen transport bag
- 1x** i-screen request form & questionnaire
- 1x** Collection instructions
- 1x** Reply-paid padded return envelope

**The tubes contain a preservative liquid**

Don't discard it. Avoid contact with your eyes or skin (wash well with water if it happens), and don't inhale or swallow it. Read all the steps before you start, and complete your questionnaire first.

2 Collecting your sample

Both swabs are the same and are collected the same way. Wash your hands, then work through the steps below – and repeat them for the **second** tube.

- 1 **Peel open the package** and take out the swab. Hold it by the **white application stick at the indentation point** – don't touch the soft tip or hold it by the very end.
- 2 **Get comfortable** in a position that works for you – sitting on the toilet, squatting, or with one foot raised.
- 3 Carefully and slowly **insert the swab into the vagina until your fingers touch the vulva**, then **gently rotate it 4 times** before removing. If you feel resistance, re-position and try again. If you have any unexpected bleeding, stop and consult your practitioner.
- 4 **Place the swab into the ESwab tube** until the pre-moulded break point meets the entry point of the tube, then **gently snap it off** at the break point so the soft tip stays inside. Discard the handle above the line – don't cut or touch the soft tip.
- 5 **Seal the tube tightly** and label it with your name, date of birth and date of collection. Set it aside.
- 6 **Repeat steps 1–5 with the second ESwab tube.** Both tubes must be returned – a recollection is needed if only one comes back.

3 Packing & returning

Post your samples the same day you collect. You're returning **both ESwab tubes**.

- 1 Place **both labelled tubes** into the sealable section of the specimen transport bag.
- 2 Complete your **request form** and **questionnaire**, and place them into the **non-sealable** section of the transport bag.
- 3 Place the transport bag into the **reply-paid padded envelope**, and post it the **same day** via your nearest Australia Post outlet or yellow express post box. Note the tracking number on the envelope if you'd like to track it.

4 Common questions

How many tubes do I return?

Both BD ESwab tubes. If only one is returned, a recollection will be required.

The swab looks discoloured – do I need a new one?

No. Discolouration on the soft tip is normal, as the swabs are sterilised using UV light. A new kit isn't needed.

The swab touched another surface – should I recollect?

The soft tip shouldn't touch any other surface. If it has, email info@i-screen.com.au to arrange a recollection kit (a fee may apply).

Your results: Once the lab receives both tubes, your results and personalised insights appear in your secure i-screen dashboard, typically within 7 days. 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.