

COLLECTION INSTRUCTIONS

Your vaginal microbiome collection

This test uses two vaginal swabs, self-collected at home. It's a simple, private process — a little preparation in the days before helps make sure your result is accurate.



A simple test you do at home

Your kit is posted directly to you — no collection centre visit needed. Take the two swabs at home, then mail both tubes back to the lab in the prepaid packaging provided.

1 In the days before

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

7 DAYS BEFORE

Stop taking probiotics, where possible.

48 HOURS BEFORE

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

24 HOURS BEFORE

No sexual intercourse.

On the day, before you collect

These can affect your sample, so avoid:

- ☐ Applying vaginal lotions, creams or emollients
- ☐ Washing the genital area beforehand
- ☐ Collecting while menstruating — wait until your period has finished

Handle the fluid with care. Both collection tubes contain a preservative liquid — don't tip it out. Keep it away from your eyes and skin (rinse with water if it contacts), and don't inhale or swallow it.

2 Collecting your samples

This is a **two-part process using two different swabs**. Wash your hands before each part, work through them in order, and don't touch the soft tip of either swab.

1 The ESwab

the swab with a white stick

- 1 Peel open the package and take out the swab. Hold it by the **white stick at the indentation point** – don't touch the soft swab 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 Gently insert the swab into the vagina until your fingers reach the vulva, **rotate it 4 times**, then remove it. If you feel resistance, reposition and try again. If you notice any **unexpected bleeding**, contact your practitioner.
- 4 Place the swab into the **ESwab transport tube** and push until the **pre-moulded break-point line** meets the tube's entry point, then snap the swab there.
- 5 Discard the handle above the break point (don't cut or touch the swab end) and **seal the tube tightly**.
- 6 **Label the tube** with your name, date of birth and time of collection, then set it aside.

2 The BD MAX swab

the swab attached to a cap

i A discoloured tip is normal. Any discolouration on the soft tip is expected – the swabs are sterilised using UV light.

- 1 **Twist the cap to break the seal** (don't use it if the seal is already broken), then pull the cap and its attached swab off the tube. Don't touch the soft tip or lay the swab down – if you do, use a new swab.
- 2 Hold the swab by the cap with the tip toward you. Gently spread the skin outside the vagina, insert the tip into the opening **pointing toward your lower back**, and relax.
- 3 Gently slide the swab about **5 cm (2 inches)** in, rotating gently if needed. If it won't slide easily, stop and check with your clinician. **Rotate for 10–15 seconds**.
- 4 Withdraw the swab without touching the surrounding skin, then insert it fully into the **BD MAX UVE buffer tube** so the tip is at the bottom.
- 5 **Break the shaft at the score mark** (avoid splashing), re-cap the tube tightly, and label it with your details, date and time – without covering the barcodes.

What this test analyses

Your two swabs are screened across 31 markers, including:

Vaginal pH, BV & aerobic vaginitis

STIs – chlamydia, gonorrhoea, trichomonas, herpes, mycoplasma

Opportunistic bacteria

Beneficial lactobacilli

Yeasts (candida)

3 Packing & sending

Send **both tubes** back to the lab – the ESwab transport tube and the BD MAX UVE buffer tube.

- 1 Place **both tubes** (with their swabs inside) into the sealable section of the specimen transport bag and seal it.
- 2 Check your **request form** is complete and place it into the **non-sealable** section of the transport bag.
- 3 Put the transport bag and request form into the **reply-paid padded envelope** and post it back the **same day** via your nearest Royal Mail post box or Post Office.

Before you post – quick check

- ☒ Both swabs snapped off and tubes **tightly capped**
- ☒ Both tubes **labelled** (name, date of birth, date & time) with barcodes visible
- ☒ Request form **complete**
- ☒ Posting **the same day** you collect

Please note: Some infections in this panel are notifiable conditions. If a result is positive, the laboratory is required by law to report it to the relevant public health authority, and a public health unit may contact you for follow-up.

Your results: 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. If anything is unclear, email us at **info@i-screen.ai**.