

Required Materials

- iSWAB-Microbiome sample collection vial
- 1 or 2 swabs

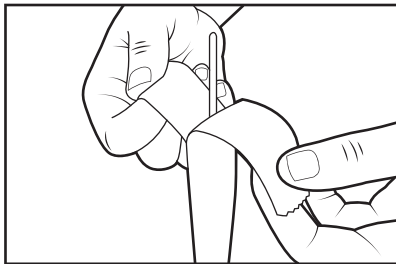


Read ALL steps before collecting samples!

Important:

- For oral samples, it is recommended to not eat, drink, or smoke for 30 minutes prior to use
- Do not touch swab tips or allow contact with any other object
- Use either 1 or 2 swabs depending on test protocol

1

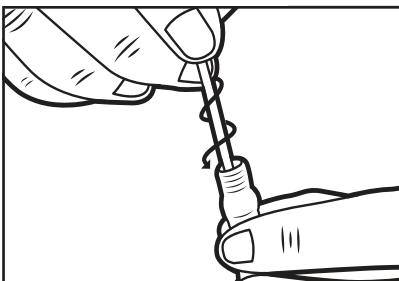


Place vial standing up on flat surface. Peel open bags containing swabs and remove a swab. Unscrew vial cap prior to collection.

2

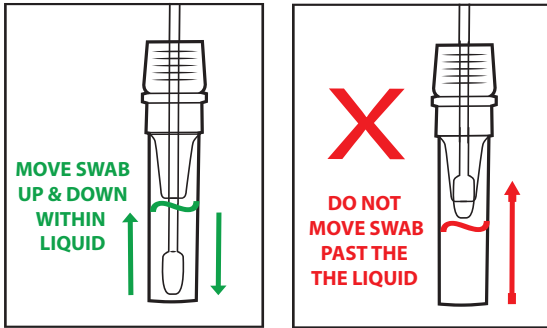
Collect a single nasal and/or throat swab sample according to established procedures.

3



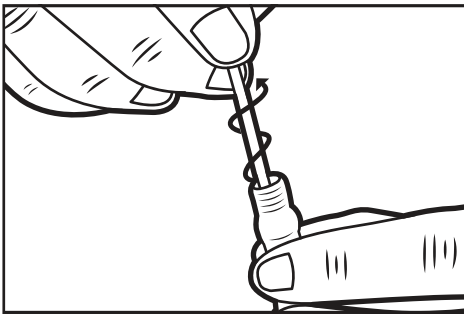
Pick up vial and hold steady in one hand. Slowly twist swab into iSWAB vial with a corkscrew motion. There will be resistance, but push swab all the way to the bottom of tube.

4



Hold vial steady and move swab up and down rapidly inside the tube 10-15 times without moving the swab out of the liquid.

5



At this point remove and discard the swab. Hold vial firmly and remove swab by slowly twisting out with a corkscrew motion. Do NOT break off swab inside the tube.

6

If necessary, collect second sample according to established procedures and repeat steps 3-5.

7

After all required samples have been taken, replace cap tightly. Make sure all swabs have been properly disposed of.