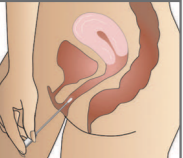
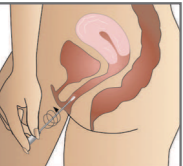



SPECIMEN COLLECTION INSTRUCTIONS (PART 2 CONT'D)

2.4  Gently slide the swab 2 inches (5 cm) into the vagina. If the swab does not slide easily, gently rotate the swab as you push. If it is still difficult, do not attempt to continue self-collection; consult your clinician at this point.

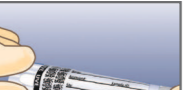
2.5  Rotate the swab for 10 to 15 seconds.

2.6 Withdraw the swab without touching the skin outside the vagina. Place the swab in the tube and cap the tube securely.

2.7  Using the BD MAX UVE Sample Buffer tube that also came with the swab, fully insert the swab into the tube so that the tip is at the bottom.

2.8  Carefully break the shaft at the score mark. Be careful to avoid splashing.

2.9  Tightly re-cap the tube.

2.10  Label tube with patient information, date, and time collected. Be careful not to obscure the bar codes on the tube.

You have now completed the collection of both samples. Please see next page for details on how to send the samples to the laboratory.

SENDING SAMPLES TO LABORATORY INSTRUCTIONS

Please ensure you are sending back to the laboratory the following vials:

1 x BD MAX UVE sample buffer tube 

1 x ESwab Transport 

3.1 Place both collection vials containing swabs **into the White Padded bag then** into the sealable section of specimen transport bag. Again, please ensure that these swabs have been labelled with patient details as requested in Steps 1.10 and 2.10.

3.2 Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.

3.3 When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.
Please advise this is a medical specimen.

Alternatively, you can drop the package to your **nearest agent**. (Record the "customer" number on the front right of the track pack. This is your record to track delivery)

GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.


NUTRITIONAL EXCELLENCE

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Vaginal Microbiome Profile

Collection Instructions

NZ Version 1: September 2021

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

It is not recommended that you change any prescribed or regular medications/supplements without seeking guidance from your healthcare practitioner.

Some medications/supplements may impact final test results. If agreed with by your healthcare practitioner, please follow the guidelines below.

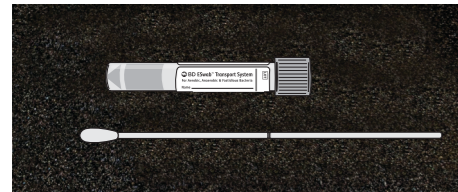
- **7 days prior to collecting sample:**
Discontinue (where possible) the use of probiotics.
- **48 hours prior to collecting sample:**
Complete short-term prescribed medication eg. antibiotics.
- **24 hours prior to collecting sample:**
No sexual intercourse.
- **Day of collection:**
Do not apply vaginal lotions, creams, or emollients before taking the test.
Do not wash your genital area prior to collection.
Do not collect samples when menstruating.

Vaginal Microbiome Profile Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 1 x Vaginal ESwab Collection Tube
- 1 x BD MAX Specimen Collection Swab & BD MAX UVE Sample Buffer Tube
- 1 x Questionnaire form
- 1 x Specimen transport bag
- 1 x Courier bag (prepaid)
- 1 x White padded envelope
- 1 x Request form
- 1 x Collection instructions



Vaginal ESwab



1. BD MAX Specimen Collection Swab
2. BD MAX UVE Sample Buffer Tube

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

SPECIMEN COLLECTION INSTRUCTIONS

Please complete the Questionnaire Form that has been provided prior to commencing the test.

The swab collection vial contains a preservative. Be sure to NOT discard this liquid. AVOID contact of the fluid in the tube with your eyes or skin (wash area thoroughly if this occurs). DO NOT inhale or ingest the fluid in the collection tube.

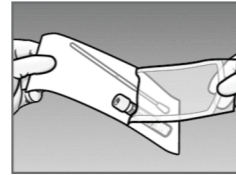
Please read the instructions below in full prior to commencing test.

THIS IS A TWO PART PROCESS TO BE COMPLETED WITH TWO DIFFERENT TYPES OF SWABS

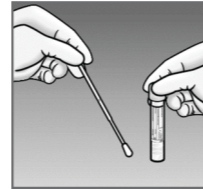
PART ONE - to be completed using the Vaginal ESwab collection tube

1.1 Wash your hands thoroughly prior to commencing test.

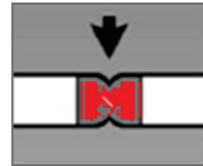
1.2 Remove the application swab by peeling open the packaging.



1.3 Hold the swab by the white application stick. Be sure to not touch the swab.



1.4 Hold the swab at the indentation point on the shaft, do not hold the swab from the end of the stick during the collection procedure.



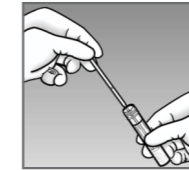
1.5 Collect your sample in one of the these positions



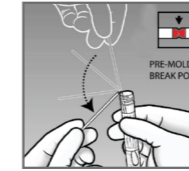
1.6 Carefully and slowly insert the swab into the vagina until your fingers touch the vulva, gently rotate the swab 4 times before removing. If you experience any resistance, re-position yourself and attempt to re-insert the swab.
NOTE: If you experience any unexpected bleeding, consult your healthcare practitioner immediately.



1.7 Remove the swab and place into the ESwab Transport system container.



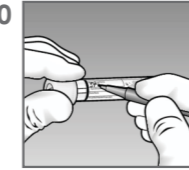
1.8 Insert the swab until the pre-molded break point line meets the entry point of the collection vial and snap the swab. (Refer to image for guidance)



1.9 Only the swab should be provided (discard the handle portion of the swab above the indentation line after snapped off). DO NOT CUT OR TOUCH THE END OF THE SWAB. Seal the ESwab Transport system container tightly.



1.10 Write your name, age/date of birth and time of collection on the vial where required.

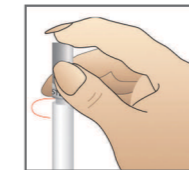


Place the completed ESwab vial to the side and proceed to the second swab (BD MAX Specimen Collection Swab) and instructions below.

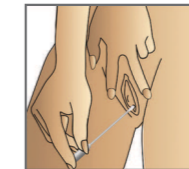
PART TWO - to be completed using the BD MAX specimen collection swab

2.1 Wash your hands thoroughly prior to commencing test.

2.2 Twist the cap to break the seal (Figure 1). Do not use if seal is broken or damaged. Carefully pull the cap with attached swab off the tube. Do not touch the soft tip or lay the swab down. If you touch or drop the swab tip or the swab is laid down, discard the swab and request a new vaginal swab. Check for presence of the swab tip. If the swab has no tip, discard it and request a new vaginal swab.



2.3 Hold the swab by the cap with one hand so the swab tip is pointing toward you. With your other hand, gently spread the skin outside the vagina. Insert the tip of the swab into the vaginal opening. Point the tip toward your lower back and relax your muscles.



Continued over page.....