

KIT INSTRUCTIONS FOR ADULT VAGINAL SAMPLING

Study title: Study of the assembly and composition of the female genital microbiome

Please read these instructions before starting.

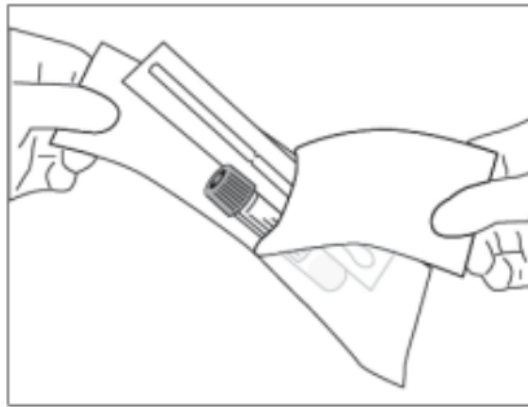
This self-sampling kit contains:

1. Sampling instructions
2. One pair of gloves
3. eNAT Swab (light blue cap)
4. Label(s) to place on the tube after sample collection
5. Biohazard bag to place the swab after taking the sample
6. Pre-addressed USPS envelope to mail the sample back to our lab
7. Biospecimen Collection Sheet to be filled out by the participant

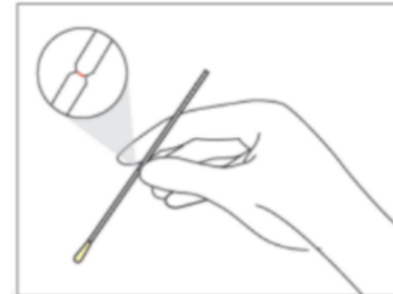
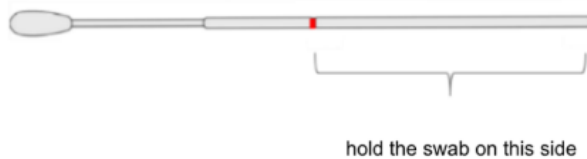
Procedure

- **WHERE:** Self-sampling will be conducted in the comfort of your home or any other preferred site.
 - **WHEN:** Please **collect the samples** on the **SAME DAY** that you will drop off at a local post office to minimize the time between collection and mailing.
 - *If you are unable to do so, please keep the sample in the **refrigerator until you are ready to drop off at a local post office (USPS).***
 - **HOW:** Before collecting your sample, please wash your hands with soap and water.
1. Wear gloves when collecting the sample.

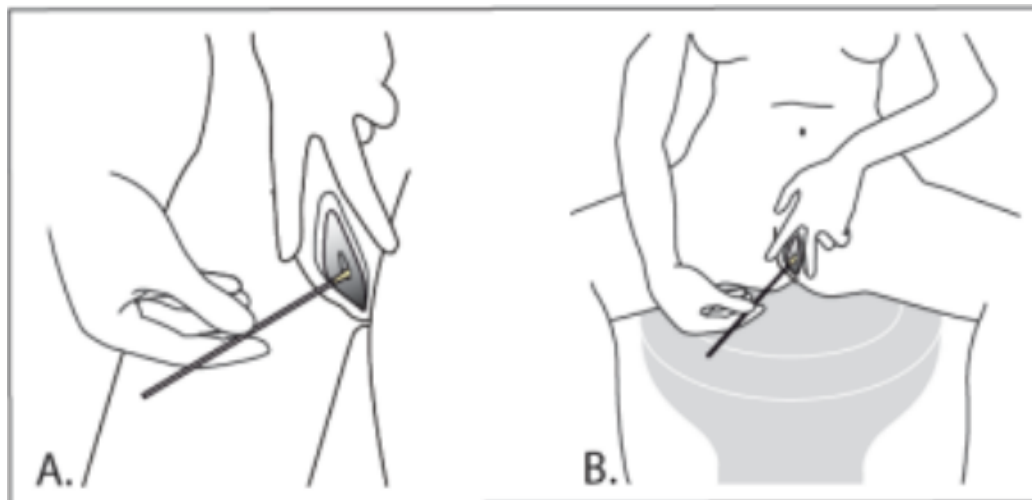
2. Carefully **remove the swab from the packaging** and place the tube on a stable surface, as shown:



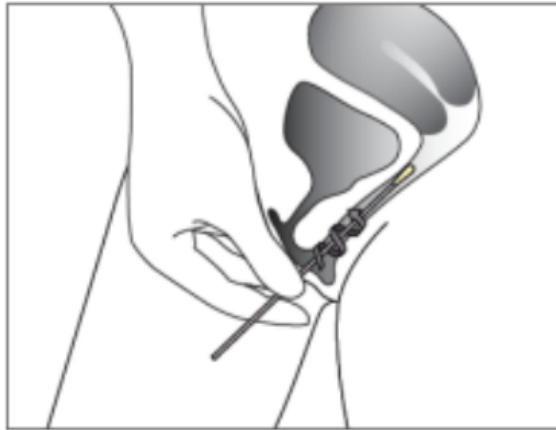
3. **Hold the swab above the red line**, as shown.



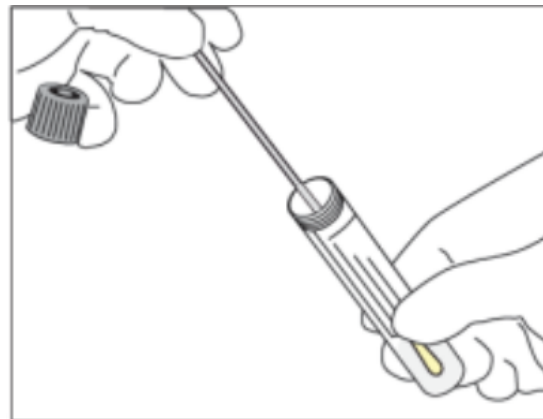
4. Find a comfortable position to take the sample: either standing (A) or sitting (B). With your free hand, **open the vaginal access** (the folds of skin that cover the entrance to the vagina). With the hand holding the swab, **insert the swab** until your fingers touch the vulva, as shown:



5. **Rotate the swab between 8 to 10 times**, as shown:



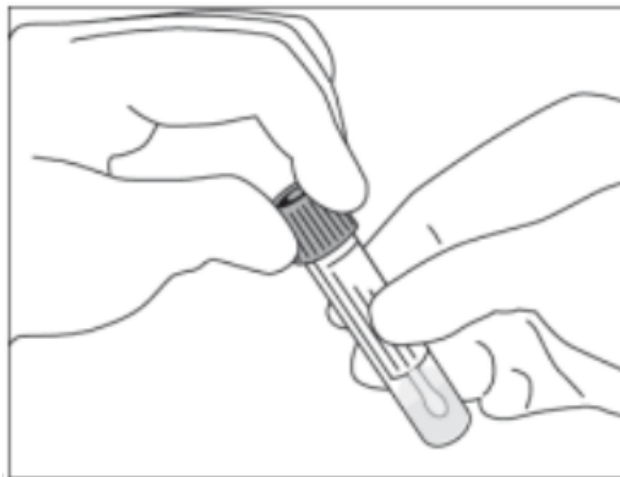
6. **Remove the swab from your vagina and place it immediately into the tube**, as shown:



7. Hold the tube firmly and carefully **break the white stick at the red line** by bending it to the side, as shown:



8. **Carefully squeeze the lid** (the bar will automatically snap into place) **and twist the lid to close**, as shown:



9. **Remove your gloves** and wash your hands.

10. **Fill out the label information, and stick the label on the tube:**

- Study ID
- Specimen
- Date of Collection
- Time of Collection

STUDYID: A00024

SPECIMEN: VAGINAL SWAB

DATE OF COLLECTION: 12/11/24

TIME OF COLLECTION: 8:30 AM

11. Insert the labeled tube inside the Biohazard bag. Make sure that the bag is completely sealed.

12. Fill out the Biospecimen Collection Sheet:

- Study ID
- Check off specimen type
- Date (MM/DD/YYYY) & time (specify AM or PM) of collection.

	BISS PROJECT	Study ID:
BIOSPECIMEN COLLECTION SHEET		
<i>To be filled out by the Participant: Please Select All Applicable Sample(s) Collected and Include the Date & Time of Collection</i>		
Genital Specimen Collection ☐ Vaginal Swab: _____ at _____ time _____ date ☐ Vaginal Pad: _____ at _____ time _____ date How long was the underwear pad worn for? _____ hours ☐ Vulva & Perineum: _____ at _____ time _____ date	Other Specimen Collection ☐ Stool: _____ at _____ time _____ date ☐ Oral: _____ at _____ time _____ date ☐ Nasal: _____ at _____ time _____ date ☐ Forehead: _____ at _____ time _____ date ☐ Forearm: _____ at _____ time _____ date ☐ Right: _____ at _____ time _____ date	
Number of Sample(s) Collected:		
PLACE ALL SAMPLE(S) COLLECTED in the REFRIGERATOR until you are ready to DROP OFF at the POST OFFICE (JUSPS)		

13. Place the Biohazard bag and Biospecimen Collection Sheet **inside the return envelope** and **refrigerate** until shipped.

14. When you are ready to deliver, take the refrigerated bag and place it in the box labeled for “drop-off” in an USPS Post Office.

THANK YOU SO MUCH FOR YOUR PARTICIPATION!

Have any questions or concerns about sampling or the study in general?

Please email us at info.bessproject@gmail.com or

Call or text us at **732-374-9169**.