

KIT INSTRUCTIONS FOR ADULT VAGINAL SAMPLING

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

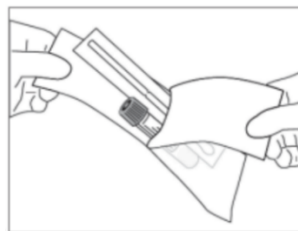
Please read these instructions before starting.

This self-sampling kit contains:

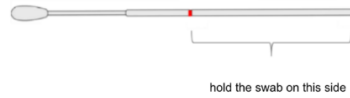
1. Sampling instructions
2. One pair of gloves
3. eNAT Swab (light blue cap)
4. Label(s) to place on the tube after sample collection
5. Biohazard bag to place the swab after taking the sample
6. Pre-addressed return envelope to mail the sample back to our lab
7. Biospecimen Collection Sheet to be filled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

Procedure

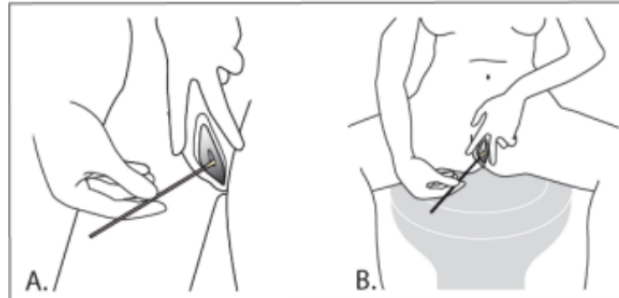
- **WHERE:** Self-sampling will be conducted in the comfort of your home or any other preferred site.
 - **WHEN:** Please **collect** your sample(s) **at your earliest convenience after receiving your kit.** Please **return** your sample(s) **within a WEEK** of collecting your sample(s).
 - ***Keep the sample(s) in the refrigerator until you are ready to drop off at a local post office (UPS or USPS – based on the return label provided).***
 - **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.



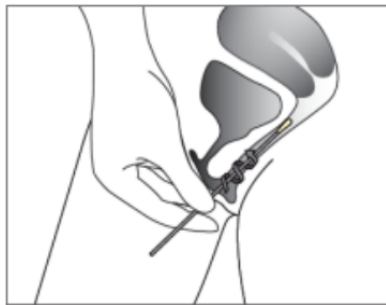
3. **Hold the swab above the red line**, as shown:



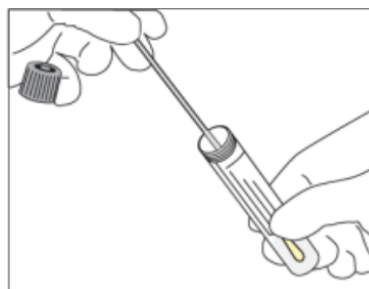
4. Find a comfortable position to take the sample: either standing (A) or sitting (B). With your free hand, **open the vaginal access** (the folds of skin that cover the entrance to the vagina). With the hand holding the swab, **insert the swab** until your fingers touch the vulva, as shown:



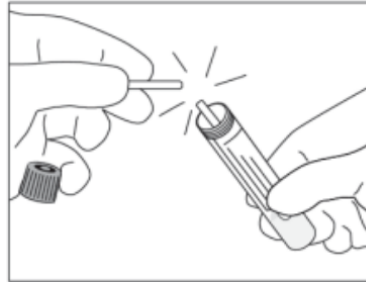
5. **Rotate the swab between 8 to 10 times**, as shown:



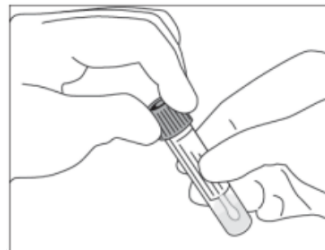
6. **Remove the swab from your vagina and place it immediately into the tube**, as shown:



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 or Biohazard Bag:**

- Study ID
- Specimen
- Date and 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.

BESS PROJECT		Study ID:
BIOSPECIMEN COLLECTION SHEET		
To be filled out by the Participant. Please Select All Applicable Specimens Collected & Indicate the Date & Time of Collection.		
Genital Specimen Collection <input type="checkbox"/> Vaginal Swab: _____ of _____ <input type="checkbox"/> Vaginal Pad: _____ of _____ <input type="checkbox"/> How long was the collection pad worn for? _____ <input type="checkbox"/> Vagina & Perineum: _____ of _____		Other Specimen Collection <input type="checkbox"/> Blood: _____ of _____ <input type="checkbox"/> Oral: _____ of _____ <input type="checkbox"/> Nasal: _____ of _____ <input type="checkbox"/> Prostate: _____ of _____ <input type="checkbox"/> Urine: _____ of _____ <input type="checkbox"/> Feces: _____ of _____
Number of Samples Collected: _____		
PLACE ALL SAMPLES COLLECTED in this BIOHAZARD BAG and you are ready to DROP OFF at the POST OFFICE (USPS).		

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 UPS or USPS Post Office – based on the return label provided**.



APPROVED

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APPROVAL: 12/17/2025

EXPIRATION: 12/16/2026