

COLLECTION METHOD

VAGINAL MICROBIOTA SAMPLE



IMPORTANT

WHEN COLLECTING VARIOUS TYPES OF SAMPLES, THE BLOOD SAMPLE SHOULD ALWAYS BE OBTAINED LAST.

MATERIAL

To facilitate this self-collection, we offer you:

- 1 swab.
- 1 tube with a pink cap



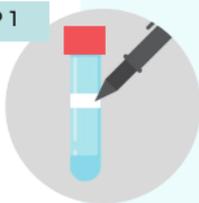
IMPORTANT

The tube must not be rinsed or emptied, as it holds a liquid crucial for the analysis.

The sample should be collected at least 48 hours prior to sexual intercourse and, ideally, during the midpoint of the cycle (between days 14 and 20 from the first day of your period). If you are postmenopausal, this last consideration is not applicable.

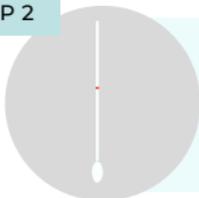


STEP 1



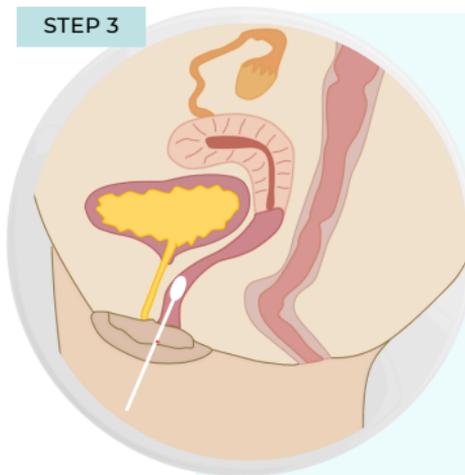
Please inscribe your first and last name, along with the date of the sample, on the label of the provided tube. Collect the sample in the morning. Wash your hands thoroughly and disinfect them with hydroalcoholic gel. Subsequently, cleanse your genitals (labia majora and urethra) with clean water or a mild soap, ensuring a thorough rinse with clean water.

STEP 2



Open the sterile package and carefully remove the swab by holding the stem. Avoid touching the tip of the swab or allowing it to fall.

STEP 3

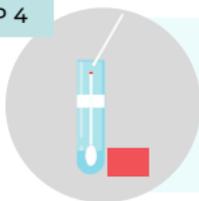


Hold the swab between your thumb and forefinger at the midpoint of the stem. Carefully insert the swab into the vagina to a depth of approximately 3 cm, ensuring that you do not contact the external mucous membranes.

Gently rotate the swab for 15 to 30 seconds, ensuring it makes contact with the vaginal walls.

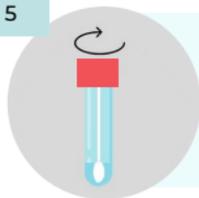
Remove the swab, taking care not to contact the external mucous membranes.

STEP 4



Transfer the swab into the tube and snap the swab shaft at the red line. Exercise caution to avoid spilling the contents of the tube.

STEP 5



Securely close the tube and maintain it in an upright position for 2 minutes to ensure that the cotton is fully immersed in the liquid. Place it in the designated bag.