

SENDING SAMPLES TO LABORATORY INSTRUCTIONS

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

1 x ESwab Transport



1 x PAXgene Saliva Collector



1. Place both collection vials containing swabs into the sealed section of the specimen transport bag.
2. Ensure that the NutriPATH request form has been completed and place into the non-sealable section of the specimen transport bag.
3. Complete the '**NutriPATH Patient Checklist Form**' to ensure no delays in test results.

4. Place the specimen transport bag into the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.



If you experience any issues during the process, please contact us on 1300 688 522. We will happily assist you.

"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."



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Oral Microbiome Profile

Collection Instructions

Version 1: January 2023

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check through the following guidelines. 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.

14 days prior to collecting your sample

- Complete any courses of short term medications such as antibiotics or antifungals.

7 Days prior to collecting sample:

- Discontinue (where possible) the use of anti-inflammatories
- Complete courses of botanical antimicrobials or antifungals
- Discontinue (where possible) use of probiotics

24 hours prior to collecting sample:

- Abstain from participation in oral sex
- Abstain from antimicrobial mouthwashes

Day of collection:

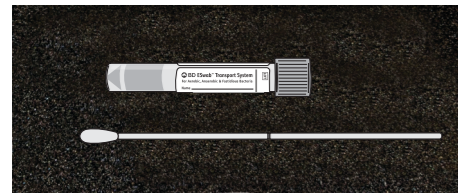
- If wearing dental prosthesis, do not apply fixing cream before collecting the sample.

Oral 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 ESwab Collection Tube
- 1 x PAXgene Saliva Collector
- 1 x Specimen transport bag
- 1 x Collection instruction
- 1 x Request form
- 1 x Reply Paid Post Padded Envelope



ESwab



PAXgene Saliva Collector

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.

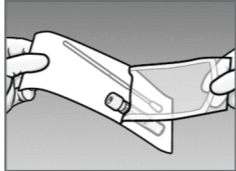
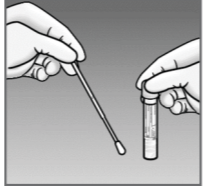

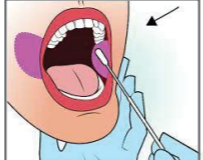

SPECIMEN COLLECTION INSTRUCTIONS

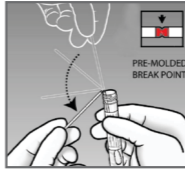

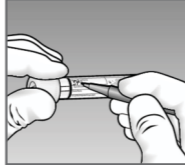
The swab collection vial contains a preservative. Be sure to NOT discard this liquid. AVOID contact of the fluid in the tube with your eyes or skin (wash area thoroughly if this occurs). DO NOT inhale or ingest the fluid in the collection tube.

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 COLLECTION DEVICES


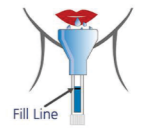

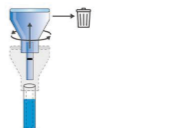


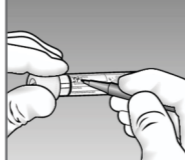
PART ONE - to be completed using the ESwab collection tube

- 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  Swab the left and right cheek for 30 seconds by rotating the swab around.
- 1.6  Remove the swab and place into the ESwab Transport system container.

- 1.7  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)
- 1.8  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.
- 1.9  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 collection using the PAXgene Saliva Collector.

PART TWO - to be completed using the PAXgene saliva collector.

- 2.1 Wash your hands thoroughly prior to commencing test.
- 2.2

 <p>Do not drink or eat within 30 min prior to sample collection.</p>	<p>1</p>  <p>Spit gently into funnel. Saliva collection will take about 5-10 min.</p>	<p>2</p>  <p>Keep spitting until liquid saliva (excluding bubbles) fills up outer part of the tube and reaches fill line. Shake tube gently to assist saliva flow.</p>
<p>3</p>  <p>Hold tube upright and slowly unscrew funnel. This releases stabilizing solution from inner part of the tube. Shake carefully to ensure fluids transfer completely into tube. Discard funnel.</p>	<p>4</p>  <p>Keep tube in upright, remove lid from the bottom of tube, place over opening and screw lid on tightly to close.</p>	<p>5</p>  <p>Ensure tube is sealed, then invert tube 5 times to mix saliva and stabilizing solution.</p>
- 2.3  Label the PAXgene tube with name, date of birth and collection date.

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