

COLLECTION INSTRUCTIONS

Your oral microbiome collection

This test maps the bacteria and fungi in your mouth from two quick samples – a cheek swab and a little saliva. A bit of preparation in the days before keeps your result accurate.



A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. Take both samples at home, then mail them back to the lab in the prepaid packaging provided.

1 In the days before

Don't change any prescribed or regular medications or supplements without your practitioner's guidance. If they're happy for you to, follow the timing below.

14 DAYS

Finish any **short-term medications** such as antibiotics or antifungals.

7 DAYS

Stop **anti-inflammatories** (where possible), finish any courses of **botanical antimicrobials or antifungals**, and stop **probiotics** (where possible).

24 HOURS

No **antimicrobial mouthwashes**, and abstain from **oral sex**.

ON THE DAY

Don't eat or drink in the 30 minutes before collecting. If you wear a **dental prosthesis**, don't apply fixing cream beforehand.

Handle the fluid with care. The cheek-swab tube contains a preservative liquid – don't tip it out. Keep it away from your eyes and skin (rinse with water if it contacts), and don't inhale or swallow it.

2 Collecting your samples

This is a **two-part process using two different collectors**. Wash your hands before each part, and do them in order.

1 The cheek swab

the ESwab – a swab with a white stick

- 1 Peel open the package and take out the swab. Hold it by the **white stick, at the indentation point** – don't touch the soft swab or hold it by the very end.
- 2 **Swab the inside of both cheeks for 30 seconds**, rotating the swab as you go.
- 3 Place the swab into the **ESwab tube** and push until the **pre-moulded break-point line** meets the tube's entry point, then snap the swab there.
- 4 Discard the handle above the break point (don't cut or touch the swab end), **seal the tube tightly**, and label it with your name, date of birth and time of collection.

2 The saliva sample

the PAXgene saliva collector

- 1 **Gently spit into the funnel** until your **liquid saliva** (not the bubbles) reaches the **fill line** – this usually takes about 5–10 minutes. Shake the tube gently if it helps the saliva flow.
- 2 Holding the tube **upright**, slowly **unscrew the funnel** – this releases the stabilising liquid into the tube. Shake carefully so it mixes in fully, then discard the funnel.
- 3 Keeping it upright, take the **small lid from the base of the tube**, place it over the opening and **screw it on tightly**.
- 4 Once sealed, **invert the tube 5 times** to mix. Label it with your name, date of birth and collection date.

Take your time with the saliva. Reaching the fill line can take up to 10 minutes – staying relaxed, and gently shaking the tube, helps it flow. It's the amount of **liquid** saliva that counts, not the bubbles on top.

Check your kit

- ESwab cheek-swab tube
- Specimen transport bag
- Reply-paid padded envelope
- PAXgene saliva collector
- Request form
- Collection instructions

What this test analyses

A PCR analysis of your oral microbiome across 32 markers, including:

Oral pH

Pathogenic bacteria

Opportunistic bacteria

Fungi (candida)

Normal oral flora

3 Packing & sending

Send **both** collectors back to the lab – the cheek-swab tube and the saliva tube.

- 1 Place **both tubes** into the sealable section of the specimen transport bag and seal it.
- 2 Check your **request form** is complete and place it into the **non-sealable** section of the transport bag. Complete your **Patient Checklist** too.
- 3 Put everything into the **reply-paid padded envelope** and post it back the **same day** via your nearest Australia Post outlet or express post box.

Before you post – quick check

- ✓ Cheek swab **snapped off and sealed**; saliva tube **capped and inverted 5x**
- ✓ Both tubes **labelled** (name, date of birth, date/time)
- ✓ Request & Checklist forms **complete**
- ✓ Posting **the same day** you collect

Your results: Once the lab receives both samples, your results and personalised insights appear in your secure i-screen dashboard, typically within **2 weeks**. We'll email you as soon as they're ready. Unsure of anything? Email us at info@i-screen.com.au.