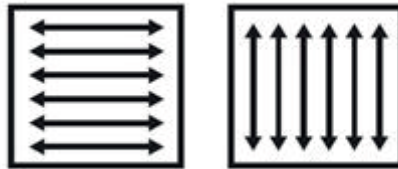




## Swab Sampling: Human Bacteroides Testing

1. Use Envirobiomics sample kit only, no other kit or samples will be accepted.
2. With sterile nitrile gloves on, prepare separate 4"x4" sampling grids for each sample to be taken. Do not re-use sampling grids since you will be cross contaminating your samples. Do not re-use the tape since you will be cross contaminating your samples.
3. Change nitrile gloves. With sterile nitrile gloves on, remove swab from sterile packaging.
4. Carefully remove the swab from the container being sure not to accidentally touch swabs to anything other than the site to be sampled.
5. Hold swab at an approximate 30° angle from the sampling surface, taking care not to contaminate any part of the swab.
6. Using firm, even pressure, move the swab slowly and thoroughly over an entire 4" x 4" sampling area using the picture below as a guide. Rotate the swab 180 degrees between the latitudinal and the longitudinal passes.
7. To minimize sampling variability between samples, get in the habit of doing 6 latitudinal and 6 longitudinal passes only. Use the picture below as a guide. If you are unfamiliar taking samples this way, it is a good idea to practice your sampling technique before going to the site.



8. After sampling is complete, carefully put swab back into its transport container buffer and seal.
9. Label the samples using a permanent ink marker.
10. ALWAYS take background samples in non-fecally contaminated areas to determine if there is background contamination from an unidentified event that may bias your results.

### Sample Shipping:

- Be sure to label each sample with a unique identifier using a permanent marker.
- There are no special shipping requirements since Bacteroides will not multiply in transport buffer.
- There is no hold time, however, ship the samples back to the lab as quickly as possible (overnight is ideal). For shipping, use an insulated container. No freezer packs are required

Ship to 11550 IH-10 West, Suite 105  
San Antonio, Texas 78230

Contact Us:



[support@envirobiomics.com](mailto:support@envirobiomics.com)

