Collecting your sample

Remember to wash your hands thoroughly before and after sampling.

Register
- Sign in to smartjane.ubiome.com
- Confirm your 9-digit kit ID and your Smartjane tube serial number.
- Log the date of your sample and click “confirm.”

Get ready
- Remove the lids from the Smartjane™ and PCR water tubes, but keep them nearby.
- Stand the tubes upright in the tray.
- Remove 1 swab from the swab package.

Swab
- Wet the swab in the sterile PCR water.
- Squat slightly and insert as far into the vagina as possible while still comfortable.
- Swab the interior for 1 minute.

Stir
- Insert the swab into the Smartjane tube.
- Stir the swab for 1 minute.
- Remove the swab fully from the tube and discard the swab.

Shake
- Tightly replace the lid.
- Shake the tube for 1 minute.

Send
- Place the sealed tube in the return bag.
- Seal the bag and place it in the mailer.
- Seal the mailer and drop it in any mailbox.
- You may now dispose of the packaging.

S1 Figure. Vaginal sampling instructions. Participants in this study were sent a vaginal sampling kit containing a swab, sterile water to pre-wet the swab, a tube containing zirconia beads and a lysis and stabilization buffer, and sampling instructions such as the one shown above. After sampling according to the instructions, participants could ship their sample back by regular mail.