



## What is InvisibleMi for Her?

InvisibleMi is a microbiome test that allows to look deeper into the microbial community inside your vagina to know more about your vaginal health.

InvisibleMi provides recommendations on how to maintain and/or improve your vaginal microbiome.

## Why to use InvisibleMi?

InvisibleMi identifies almost all bacterial species present in your vaginal sample

InvisibleMi provides insights into the beneficial and harmful bacteria present in the vaginal environment

InvisibleMi helps to identify potential disruptions in your vaginal bacterial balance, which can lead to various gynecological diseases or symptoms.

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INVISIBLE**mi**

Vaginal microbiome sample  
collection **instructions**

INVISIBLE**mi**

# INVISIBLEmi

making your invisible visible

## Vaginal microbiome sample collection instructions

### InvisibleMi for Her

Read instructions before starting with sample collection.

InvisibleMi test kit contains a sample collection kit (pre-filled tube with liquid and vaginal sample collection swab), a BIO-specimen bag and a pre-paid return envelope. Vaginal sample is collected using a swab with a soft white tip and handle. Detailed instructions for sample collection are provided below.

#### Before starting

Open the sample collection kit and remove the collection tube. Insert the tube in an upright position into the tube holder located inside the package. Before taking the sample, wash your hands with soap and water, rinse and dry.

#### ! WARNINGS AND PRECAUTIONS !

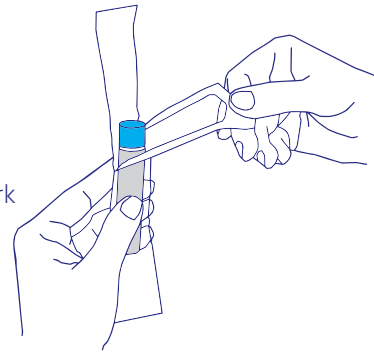
**Do NOT** collect sample during menstruation.

**Do NOT** spill the liquid inside the collection tube. In case the liquid comes in contact with your skin wash skin with water.

**Do NOT** touch skin or any surfaces with the swab tip after it is removed from the package.

**1.**

Take the tube out from its pouch and hold the swab at the red mark molded breakpoint on the shaft.

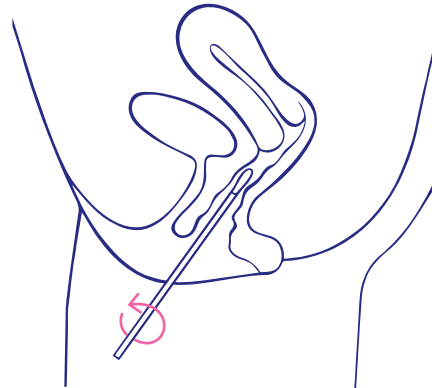


**IMPORTANT:**

**Do NOT** allow the swab tip to come into contact with body areas or surface different from the sampling site.  
**Do NOT** touch the swab below the breakpoint with hands.

**2.**

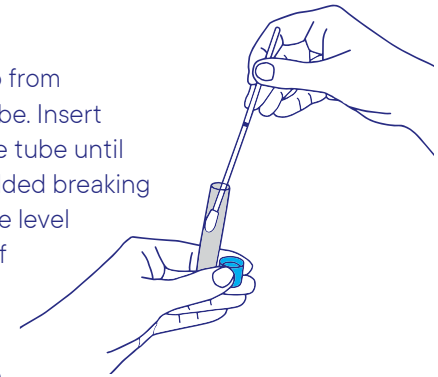
Using your free hand, hold back the folds of skin covering the opening of your vagina. Insert the swab into the vaginal opening until the fingers touch the vulva. Gently rotate the swab 3 times against the sides of the vagina. Pull out the swab carefully.



**IMPORTANT: Do NOT** bend swab during sample collection as it may break.

**3.**

Unscrew the cap from the collection tube. Insert the swab into the tube until the red mark molded breakpoint reaches the level of the opening of the tube.

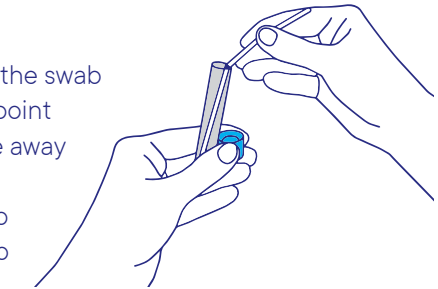


**IMPORTANT:**

Make sure not to spill the medium.

**4.**

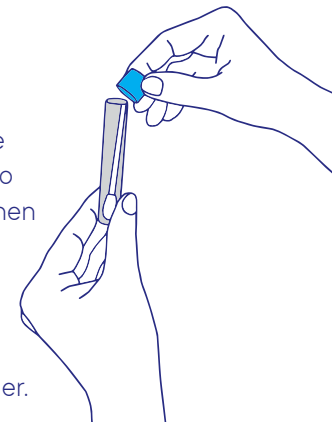
Bend and break the swab at the breaking point holding the tube away from your face. Discard the swab handle. The swab tip remains into the stabilization liquid.



**IMPORTANT:** Make sure that the tip is in the liquid.

**5.**

Close the cap of the tube tightly. Place the tube into BIO-specimen bag and then to InvisibleMi box. Place the box to pre-paid envelope and send it by following instructions supplied by the kit provider.



**IMPORTANT:** Make sure that you have saved the Unique sample code on the box that was used for sample registration.