

DIY Pathways™

Quick Reference – Initial Sampling in 7 Steps

Step 1: Diagnose and Locate. Pathways™ does not distinguish mold from bacteria or other proteins. Therefore, the testing area must be diagnosed to a species level to see the type and quantities of mold present. This is done by performing ERMI or MSQPCR sampling. Once the issue is identified, Pathways™ testing can be used as a tool to help locate potential hot spots that may require further investigation.

Step 2: Order Supplies. To order the necessary Pathways™ testing supplies, call 916-736-1100 or submit a Supply Order Form to info@restconenviro.com. We typically recommend 1 package (or 100 swabs) per 1,000 square feet. Supply Order Forms are available for download at: <https://restconenvironmental.com/pathways-supply-order-form/>.

Step 3: Sketch Floorplan. A sketch/diagram of your floorplan may be used throughout the Pathways™ testing process to track and monitor changes, help interpret and diagnose locations of potential issues, and in measuring cleanliness. This step is optional, but very helpful as a visual aid throughout the testing process.

Step 4: Plan and Prepare. For sample collection, you will need a pen, fine tip Sharpie marker, tape measure, a supplied Pathways COC form, floorplan diagram (optional), Pathways™ swabs with self-sealing bags, and large zip lock bags to group samples by area. Furniture should be moved a few feet away from walls to facilitate the accuracy of measuring and sampling.

TIP: Try using painters' tape to mark the measured-out spots to be tested. Place the tape on the wall directly above the center of where the sample is to be collected. After swabbing, note the tape with the sample number for ease of documenting after sampling.

NOTE: CLEANING PRODUCTS CONTAINING ENZYMES MAY SKEW RESULTS. *If you are unsure if the cleaning solution(s) you use contain enzymes, please contact our office at 916-736-1100 for further instructions.*

Step 5: Collect and Record. The initial, or Round 1, of Pathways™ samples should be collected *before* cleaning. To sample, one swab is used to swipe 48 linear inches, flipping the swab over halfway through (or at the 24" mark). Flick/tap any excess material from the swab as it may alter results. Insert swab diagonally into bag and seal. Number the sealed bag with a Sharpie and record the location description of the sample next to the coinciding sample number on the COC form. You may also wish to record the sample number on your floorplan diagram at this time (optional). After sampling of an area is complete and recorded, place all numbered and sealed sample bags into a larger zip lock bag and label with Area number in accordance with the COC form.

For in-depth sampling instructions, refer to the **Pathways™ Sampling Guide:** <https://restconenvironmental.com/pdf/Pathways-Sampling-Guide.pdf> A visual demonstration of sampling is available at: <https://restconenvironmental.com/pathways-presentation/>

Step 6: Package and Mail.

Your handwritten COC form must be transposed into a digital copy and emailed to info@restconenviro.com in order for your report to include sample location descriptions. If only a handwritten COC is submitted, your report will contain sample numbers and results without the location descriptions. A computer-aided drawing of the test site with sample locations plotted is a helpful visual aid that can be used throughout the testing process. For details on how to add this optional service, please contact the office. Lastly, package all sealed and labeled samples bagged by Area along with the completed and signed COC form and a copy of your floorplan diagram (optional). Mail to our office at: **RestCon Environmental, 3035 Prospect Park Drive, Ste 180, Rancho Cordova, CA 95670**

Step 7: Review and Consult. Upon arrival to our office, standard turnaround time for Pathways™ results is up to 7 business days. 24hr RUSH turn-around-time is offered at an additional cost pending lab availability. Once results are received, it is strongly recommended to schedule a consultation to help properly interpret the report and discuss possible next steps.