

Pathways™ Sampling Tips & FAQs

For further information, please refer to the *Pathways™ Sampling Guide** or call 916-736-1100 to schedule a consultation with John Banta. A visual demonstration may be found by accessing the *DIY Pathways™ video***

Prior to sampling, please read the following Important Tips:

- DO NOT proceed with testing if you have used any cleaners that contain enzymes. Using products with enzymes in testing areas may skew results.

Some examples of products containing enzymes include:

- Any product advertised as an enzyme cleaner.
- Any product that is advertised to “kill mold.”
- Benefect Decon 30
- Enviro-One
- Mrs. Meyer's Cleaning Products



If you do not know if your cleaning solution contains enzymes, please contact our office for further instructions.

- Each area sampled should measure approximately 500 sq. ft. and should include adjacent rooms.
- Sample numbers should start at #1 for each new area.
- Too much debris on samples may alter results – please flick/tap excess material from swabs.

When performing multiple rounds of testing:

- Area numbers & sample numbers start with #1, are consecutive, and must remain consistent throughout additional rounds of testing in the same locations.
- If more samples or areas are added, continue labeling with the last sample or area # you left off with to keep the numbering in sequential order.

Area and Sample Numbering Example:

AREA #: 1		AREA DESCRIPTION (ROOMS): Kitchen/Dining
Area #	Sample #	Location Description
1	1	Kitchen at Junction of Floor and Cabinet Base
1	2	Kitchen Windowsill
1	3	Kitchen at Junction of Floor and Cabinet Base
1	4	Kitchen inside cabinet at Junction of Sink Insert
1	5	Kitchen under Dishwasher

FAQs

Q: Does Pathways™ test for mold?

A: All proteins, including those found in mold, have peptide bonds. Pathways™ testing is used to track down areas with elevated protein & peptide bond levels. Locating these hot spots will aid in determining which areas warrant further investigation leading to the "pathway" of contamination and the possible discovery of the mold source.

Q: How do I get started?

A: Contact our office to order the necessary DIY Pathways™ testing supplies. It is typically recommended to use 100 swabs per 1,000 sq ft.

Shipping via USPS Priority Mail is included in the cost of a Pathways™ supply kit:

100 swabs with 100 sample collection bags	\$30.00
200 swabs with 200 sample collection bags	\$45.00
300 swabs with 300 sample collection bags	\$60.00
400 swabs with 400 sample collection bags	\$75.00

Q: What is the cost of Pathways™ sample analysis?

A: Cost for Pathways™ sample analysis is \$10 per swab with a 20 swab, or \$200 minimum, charge per round of testing. There is an additional fee for a computer-aided drawing of mapped results. This visual aid is an optional add-on, helpful in the monitoring of multiple rounds of results.

Q: What is the method for thoroughly cleaning the perimeter of a room?

A: To obtain the most complete and accurate results, it is recommended to move all furniture away from the walls and sample around the entire perimeter of your home. The Effective Cleaning video demonstrates how to clean the perimeter: <https://restconenvironmental.com/pathways-testing/effective-cleaning-practices/>

Q: How do I effectively clean carpeted areas?

A: Use a HEPA vacuum on the carpet and follow the guidelines in the Effective Cleaning Video: <https://restconenvironmental.com/pathways-testing/effective-cleaning-practices/>

Q: What if the source of mold is in the ceiling/roof space? How is it found if we're testing under baseboards?

A: For Pathways™ to locate a source of mold growth, the following conditions must be present:

1. Actual mold growth
2. A pathway (e.g., hole, crack, or opening) for mold growth to exit the hidden location.
3. Negative pressure drawing the mold growth from the hidden location.

Ceiling/roof space issues will often go undetected due to a stack effect resulting in upward airflow. This causes the condition to travel up and out of the building undetected. Because water usually travels downward, there is a greater likelihood of mold growing at the base of the wall. A crack the size of a human hair is more than enough to allow the escape of mold growth. Over time, the home's negative pressure draws the contaminants out through openings, or "pathways", into an occupied environment, thus exposing people and becoming detectable by Pathways™ testing.

Q: When are the 1st, 2nd, and 3rd round of testing performed and what is the purpose of each round?

A:

Round 1: Only light cleaning (such as sweeping) may be performed prior to the initial round of testing. Wait at least 2 weeks to test if detailed cleaning has been done. After receiving results from your 1st round of testing, you may proceed to Round 2.

- Results from this 1st round give a baseline used to determine initial levels of protein & peptide bonds and to monitor the progress of the sampled areas.

Round 2: After receiving Round 1 test results, thoroughly clean the sampled areas shown to be elevated by using Effective Cleaning methods: <https://restconenvironmental.com/pathways-testing/effective-cleaning-practices/>. Immediately after cleaning (between 15 min-24 hrs), collect Round 2 of Pathways™ samples from these same elevated/cleaned locations.

- This 2nd round of testing will help to determine if the cleaning conducted prior to sampling was successful.

Round 3: After receiving results from Round 2, wait at least 2 weeks *without cleaning* and retest all elevated areas shown in your Round 1 results.

- The 3rd round results can reveal locations of elevated protein & peptide bonds, or “hot spots”, along with the rate of growth.

Additional rounds of testing may be performed to determine if previous hot spots have re-emerged. Once all levels are shown as clean, the Round 3 testing process is repeated and re-evaluated.

Q: What is the timeframe for processing samples for results?

A: Upon arrival to the lab, turn-around time for sample results is up to 7 business days. The option of RUSH processing (i.e., end of next business day) is offered at an additional cost pending lab availability. Please call our office at 916-736-1100 for details.

A phone consultation with John Banta is advised prior to DIY Pathways™ testing to discuss your unique situation and recommendations. Call our office at 916-736-1100, M-F, 8am-5pm Pacific to schedule.

For further details and information related to Pathways™, please refer to the informational links given below or call our office at 916-736-1100, M-F, 8-5pm PT to schedule a consultation with John Banta.

Quick Links

To Order Pathways™ Supplies: <https://restconenvironmental.com/pathways-supply-order-form/>

Effective Cleaning Methods: <https://restconenvironmental.com/pathways-testing/effective-cleaning-practices/>

Pathways™ Forms: <https://restconenvironmental.com/pathways-testing/diy-pathways-sampling/>

*Pathways™ Sampling Guide: <https://restconenvironmental.com/pdf/Pathways-Sampling-Guide.pdf>

**DIY Pathways™ Video: <https://restconenvironmental.com/pathways-presentation/>