


GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

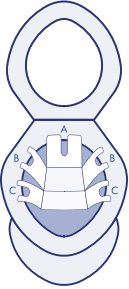
Tips To Ensure A Proper Collection & Transport:

- Do Not allow urine to contaminate stool samples. Contaminated samples may be rejected.
- Specimens should be stored in a refrigerator until ready to be transported. **DO NOT FREEZE.**
- Ensure all patient information on the requisition form and the transfer tubes are filled out and match exactly.

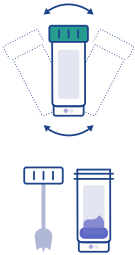
STEP 1:

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the transfer tubes with the patient's name, date of birth, and date of sample collection. IMPORTANT: Unlabeled specimen tubes will not be processed.3. If needed, empty bladder content into the toilet prior to stool collection.
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STEP 2:

COLLECT		<ol style="list-style-type: none">1. Lift the toilet seat and use toilet paper to dry off the rim of the toilet bowl.2. Unfold the flushable stool collection device and attach it to the toilet bowl.<ul style="list-style-type: none">A Remove the tape on the middle flap and attach it to the back of the toilet bowl.B Remove the tape on the next 2 flaps and mount them to the bowl.C Remove the tape on the last 2 flaps and mount them towards the front of the bowl.3. Put down the toilet seat and relieve your bowels as usual.
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STEP 3:

TRANSFER		<ol style="list-style-type: none">1. Start with the Green Top Tube. Be careful not to spill any of the specimen preservatives within the Green Top Tube.2. Remove the cap from the transfer tube.3. Using the spoon attached to the inside of the transfer tube lid, spoon the collected stool into the transfer tube until the tube is filled to the indicated line or a minimum of 20 ml.4. Place the cap back onto the transfer tube and twist it to tightly seal the sample.5. Shake the Green Top Tube until contents is combined, shake for at least 10 seconds.6. Repeat steps 2 through 4 with the White Top Tube. <u>Do Not Shake!</u>
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IMPORTANT TRANSFER TIPS

- Collect several portions of stool from areas of various colors and textures, including any visible blood or puss.
- Continue until you fill the transfer tube to the indicated fill line on the tube label, or a minimum of 20 ml.
- For the green top tube, shake vigorously for at least 10 seconds to ensure the sample has been thoroughly mixed. Do not shake the white top tube.

STEP 4:

RETURN		<ol style="list-style-type: none">1. Place the labeled transport tubes (both white and green top tubes filled with stool specimen) and test requisition form into the biohazard bag with the absorbent pad and seal. IMPORTANT: Double check all information on the transport tubes and requisition form have been filled out and match exactly.2. Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope provided.3. Ship the specimen to the lab at ambient temperature. If unable to ship on the same day as your collection, keep the sample refrigerated overnight (DO NOT FREEZE) and post the following day.
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Microbiome TESTING

GI Microbiome Collection Instructions

General Guidelines

- This kit is for a one-day stool collection sample.
- Do Not discard the fluid in the Green Top Tube.
- Avoid contact with the fluid in the Green Top Tube. If contact occurs with the eyes or skin, wash the area thoroughly with water.
- Do Not Inhale or ingest the fluid from the Green Top Tube.
- Keep out of reach of children.

Medical Precautions

- **2 weeks before the test:** Cease taking antibiotics, antifungal drugs, and NSAIDs unless instructed otherwise by your practitioner.
- **3 days before the test:** Cease taking oral castor oil, probiotics, laxatives, aspirin, or ibuprofen. Also cease taking all gut-associated supplements like pre-and probiotics, digestive enzymes, detox/liver herbs and minerals, and amino acids unless instructed otherwise by your practitioner.
- **2 days before the test:** Follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread), and fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test. Vegetarians and vegans should eat their normal diet.



For More Detailed Instructions: For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen