

INSTRUCTIONS FOR STOOL COLLECTION

In this packet, you will find:

1. a **plastic BIOHAZARD bag**, inside which you will find
2. a **sealed Tube** containing liquid preservative and a ball
3. a **Spatula** in a small plastic bag (keep it in the plastic bag until ready to use),
4. and **Paper Toilet Accessories** (there are two inside the plastic packet, one is spare)



Step-by-Step Instructions

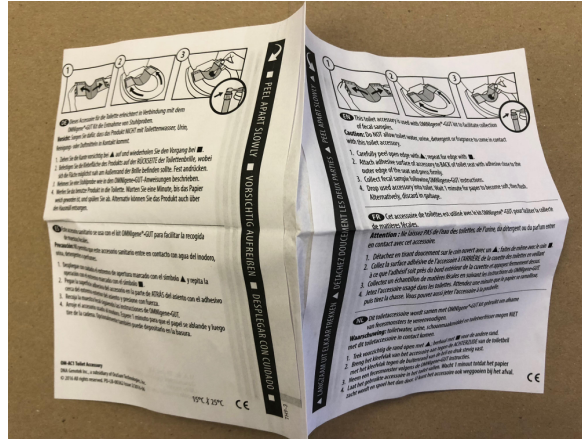
- 1) Read these instructions in their entirety at least once before you start, and call us if you have any questions or need another kit. Our phone number is **205-934-0371**

When you are ready for a natural bowel movement, **take the packet** to the bathroom. We recommend you also bring a **cup**. The cup is for holding the unused tube upright so the preservative does not spill.

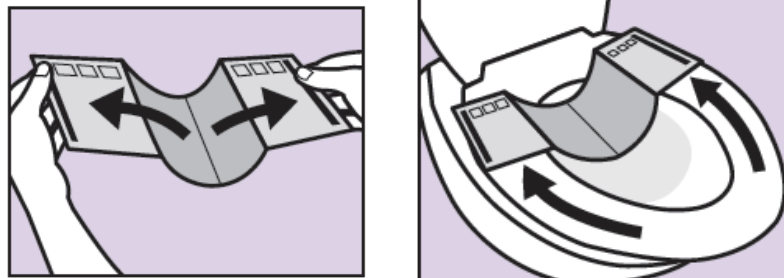
- 2) Empty your bladder first, if you need to, to avoid urine contaminating the stool sample.
- 3) Take the **Toilet Accessory** out of its package. **Note:** two **paper Toilet Accessories** are included in case the first one is unsuccessful.



- 4) Carefully peel open the edge marked with arrow and a triangle ▲ and then peel open for the other edge marked with an arrow and a square ■



- 5) Attach the adhesive surface of the paper toilet accessory to the **BACK of toilet seat** with adhesive **close to the outer edge** of the seat and press firmly.



- 6) Empty your bowel in the Toilet Accessory.

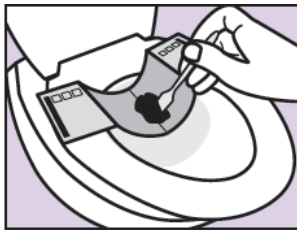
If bowel movement is liquid (**diarrhea**), do not proceed. You should try again. To dispose of the soiled Toilet Accessory, drop it into the toilet, wait one minute for paper to become soft, then flush. It is made of paper and biodegradable. Wait until the next bowel movement. When the time is right, repeat steps 2-6, using the **second Toilet Accessory**.

Having emptied your bowel movement in the **Toilet Accessory**,

- 7) **unscrew ONLY the purple cap** from the **tube** and set it aside on a clean surface. **DO NOT** remove the yellow cap. Keep the tube upright, by placing it in the cup, so the liquid preservative does not spill out.



- 8) Take the **spatula** out of its small plastic bag and use it to take a small amount of stool that was captured on Toilet Accessory. Make sure to keep stool material free from toilet water or urine.



- 9) Transfer the stool sample into the yellow tube top, scraping horizontally across the tube top to make sure the sample is level. Remove any excess stool material from the outside of the yellow cap with clean toilet paper.

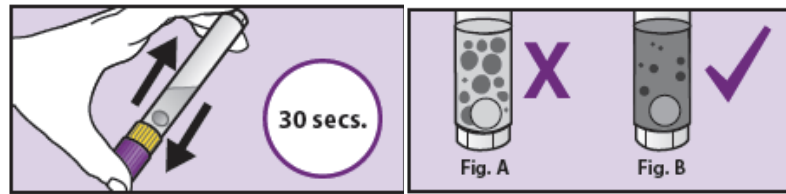


- 10) Place the soiled spatula in its original small plastic bag and discard it to the garbage.

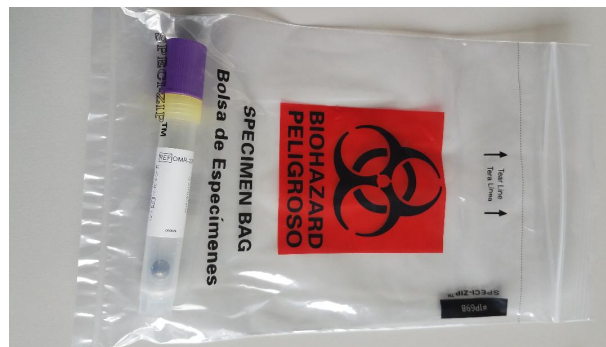
- 11) Pick up the purple cap with the solid end facing down and screw onto the yellow tube top until it is sealed tightly.



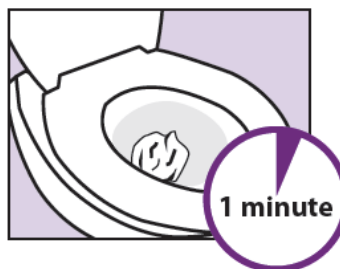
12) Shake the sealed tube vigorously in a back and forth motion for 30 seconds. Shake longer if large particles remain (as shown in Figure A below).



13) Put the tube containing the stool back in the plastic **BIOHAZARD Bag** and seal it shut.



14) Drop the paper Toilet Accessory into the toilet, wait one minute for paper to become soft, then flush.



You have now completed the stool sample collection.

Next:

- ✓ Fill out the “**Gut Microbiome Questionnaire**”
- ✓ Put the three pieces, that is: (1) **plastic BIOHAZARD Bag** containing the stool sample and (2) **Gut Microbiome Questionnaire**, and (3) **Environmental and Family History Questionnaire** in the pre-stamped and addressed envelope and mail it via US postal service, as soon as possible

DONE! Thank you.