

Collection Instructions

COLLECTION REQUIREMENTS

Before proceeding, please read these instructions carefully.

Without taking these precautions, your results may be inaccurate or result in a possible recollection.

IMPORTANT PRE-COLLECTION INFORMATION

This is a ONE DAY stool collection sample.

Collect the stool specimens on either a **Monday, Tuesday or Wednesday ONLY**.

Keep fluid in the **GREEN TOP** and **ORANGE TOP** vials away from eyes and skin. If contact occurs, wash area thoroughly with water.

DO NOT inhale, ingest or discard the fluid in the **GREEN TOP** or **ORANGE TOP** and vials.

Keep out of reach of children.

2 weeks before the test: Cease taking antibiotics, anti-fungals and antimicrobial herbs, unless instructed otherwise by your practitioner.

3 days before the test: Cease taking oral castor oil, probiotics, laxatives, aspirin and anti-inflammatory medication. Also cease taking all gut associated supplements like pre- and probiotics, digestive enzymes, detox/liver herbs, 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), 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.

Microbiome Collection Kit Contents

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.



1 x
Cary-Blair vial
(GREEN TOP)



1 x
WHITE TOP vial



1 x
2ml vial
(ORANGE TOP)



1 x Disposable
collection tray



1 x FecalSwab



1 x Specimen
transport bag

- 1 x Disposable latex glove
- 1 x Stool volume indication card
- 1 x Adhesive label
- 1 x Request form
- 1 x Collection instructions
- 1 x Reply Paid Post Padded Envelope

You will need to return stool specimen in the WHITE TOP, ORANGE TOP and GREEN TOP vials.

PART 1: WHITE TOP SPECIMEN COLLECTION

1. On the day of collection, put latex glove on, then pass urine into the toilet if necessary.
2. Pass stool onto the collection tray without contaminating it with urine.
3. Using the spoon handle inside the cap of the **WHITE TOP** vial (no liquid), collect several portions of the stool from areas of various colours and textures, including any visible blood or pus. Continue to add until the **WHITE TOP** vial is half to three-quarters full. Once completed, tighten the cap.
4. **DO NOT** discard the stool in the collection tray.
5. Proceed to **PART 2** for the Fecal Swab (**ORANGE TOP**) collection instructions.

PART 2: **ORANGE TOP** FECAL SWAB



**PERFECT
SAMPLE**



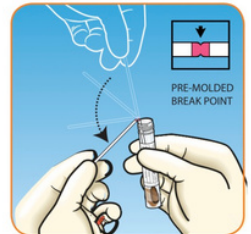
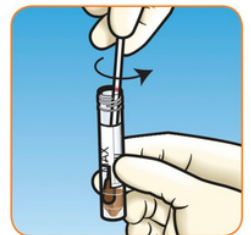
**OVERLOADED
SAMPLE**



**UNDERLOADED
SAMPLE**

1. Complete all details on the adhesive label provided and apply label to the **ORANGE TOP** vial.
2. Remove the swab from the peel pouch. Hold the shaft applicator above the marked breakpoint. Do not touch the swab tip.
3. Insert the tip of the swab into the stool sample tray and twist until it is evenly coated in stool. **DO NOT** spoon or scoop the specimen with the swab.
4. Remove and examine to make sure there is fecal material evenly coated around the tip of the swab. Transfer the swab into the **ORANGE TOP** vial and check that the "**MAX FILL**" line on the label is not exceeded.
5. Holding the swab shaft, mix the stool specimen against the side of the **ORANGE TOP** vial to evenly disperse the stool into the liquid.
6. Hold the vial away from your face. Holding the end of the swab shaft, place the marked breaking point against the rim of the vial. Ensure you are holding the swab shaft securely.
7. Bend the swab to break at the marked breakpoint. If needed, gently twist the shaft between thumb and forefinger to completely remove it. Discard the broken upper part of the swab shaft and tighten the cap.
8. Shake the vial until the sample has been thoroughly mixed.
9. Proceed to **PART 3** for the **GREEN TOP** collection instructions.

Name	<u>John Smith</u>
Date of Birth	<u>10/4/1967</u>
Date of Collection	<u>31/1/2023</u>



PART 3: **GREEN TOP** SPECIMEN COLLECTION

1. Using the spoon handle inside the cap of the **GREEN TOP** vial, collect several portions of the stool from areas of various colours and textures, including any visible blood or pus.
2. Continue to add and mix stool through liquid until the **TOTAL MIXTURE** reaches the bold black line. **DO NOT** remove any of the solution if it has exceeded the bold black line, simply ensure the lid is secured tightly.

PART 3: GREEN TOP SPECIMEN COLLECTION

3. On the right hand side of the label of the **GREEN TOP** vial, indicate the stool appearance by ticking one of the four boxes (Watery, Loose, Formed, Bloody).
4. Make sure the **GREEN TOP** cap is tightly secured and shake the vial vigorously to ensure the sample has been thoroughly mixed.
5. Proceed to **PART 4** for instructions on packing and returning the samples.

PART 4: PACKING AND RETURNING SAMPLES

1. Label the **WHITE TOP**, **GREEN TOP** and **ORANGE TOP** vials with **your name, date of birth** and the **date of sample collection**.
2. Put the labeled vials into the re-sealable section of the specimen transport bag. Specimens should be stored in a refrigerator until ready to be transported (**DO NOT freeze**).
3. Complete the **Nutripath Patient Checklist Form** to ensure there are no delays in receiving your results. Ensure your **Questionnaire Form** is complete and all the information is correctly stated on your **Nutripath Request Form** (including **full name, date of birth, address** and **phone number**).
4. Once completed, place **ALL THREE** stool specimen vials into the unsealed section of the clear specimen transport bag.
5. Place the **specimen transport bag** (with the contained vials), the completed **Questionnaire Form** and the **Nutripath Request Form**.
6. If you wish to track your sample, please take note of the tracking number listed on the Reply Paid Post Padded Envelope.
7. It is highly recommended to post the samples on the **SAME DAY**. If unable to post on the same day, please keep samples refrigerated for one night only and post the following day. **DO NOT freeze**.
8. Results of this test are typically back in 2 weeks - check your i-screen dashboard for progress updates.

Thank you for choosing i-screen.

Results will be released in your i-screen dashboard where ready.

