

MICROBIOME SAMPLE COLLECTION GUIDE

Before sample collection

Until recently, very little was known about the microbiome in and on our body. During the last decade the research covering it has grown tremendously, mainly due to development in technology, particularly next generation sequencing. It has been discovered, that there are about the same amount of microbes in and on our body as we have our own human cells. The majority and biggest diversity of these microbes live in our gut. Such community is called gut microbiome.

The gut microbiome, which mostly comprises of bacteria, has been shown to influence our overall healthy state. A diverse and balanced microbiome composition can help us prevent several diseases like metabolic diseases (obesity, type 2 diabetes), digestion problems, intestinal diseases, autoimmune diseases and even heart diseases.

Gut microbiome composition is influenced by different factors, mainly our diet, drug intake, disease states and other lifestyle and environmental factors.

While testing Your microbiome, keep in mind that following conditions alter gut microbiome composition and affect the results of the test:

- You have consumed antibiotics during the past 3 months;
- You have not followed Your usual eating habits recently;
- Pregnancy or breastfeeding.

Use the sample collection kit following the instructions below and send us the stool sample to discover the composition of Your gut microbiome. Your sample should be collected in the morning from the first toilet visit before breakfast.

Your kit includes the following:

- Sample collection guide
- Ordering form
- Tube with liquid and spatula
- Rubber cloves
- FecesCatcher paper
- Minigrip bag
- Envelope

NB! Pay attention, that the ordering form and sample tube are marked with the same code.

Sample collection instructions

Collect the sample in the morning before breakfast. Avoid urination while taking the sample, because it can damage the sample. Pay attention, that FecesCatcher stool collection area and the spatula in the tube will not touch any object, surface or liquid, as it can contaminate the sample.

NB! The quality of the sample, its analysis and results mainly depend on the sample collection procedure, therefore it is necessary to follow the sample collection instructions properly.

1. Fill in and sign the required fields on the ordering form provided with the sample collection package. Place the ordering form in the document's pocket of the minigrip bag (with „Biohazard“ sign).
2. From the package, take Feces Catcher paper and place it immediately on toilet seat as follows:
 1. Open the FecesCatcher carefully in the direction of the arrows.
 2. Paste the FecesCatcher on the back of the toilet seat, as shown in the image on FecesCatcher paper.
 3. Avoid that the FecesCatcher comes in contact with water. Pay attention, that the paper is correctly attached to the toilet seat to prevent stool from falling into the toilet bowl.
3. Put on the rubber cloves provided with the package.
4. Defecate Your stool on the FecesCatcher paper. Pay attention, that the stool does not come in touch with urine.

NB! Do not pour the liquid out from the sample collection tube.

5. With the spatula in the tube provided with the package, take a piece of stool and with the spatula place it back in the tube into the liquid. Close the tube cap.
- 6. Shake the tube until the liquid mixes with Your stool sample.**
7. After taking the sample, remove FecesCatcher from the toilet seat by loosening FecesCatcher on both ends and squeezing the ends together. Drop FecesCatcher with remaining stool in the toilet bowl. Throw away the used cloves.
8. Place the tube with Your stool sample into the minigrip bag (with „Biohazard“ sign). Make sure that the ordering form has also been placed into the document's pocket of the minigrip bag. Place the minigrip bag into the envelope provided with the sample collection package. Close the envelope.
9. Send Your sample back as soon as possible after taking the sample. Use postal service to send Your sample back to our laboratory.