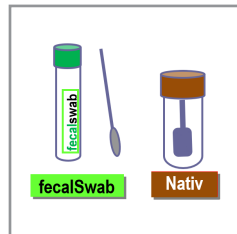
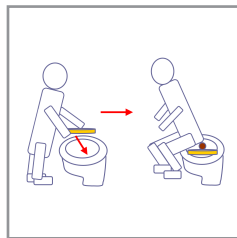


Stool collection

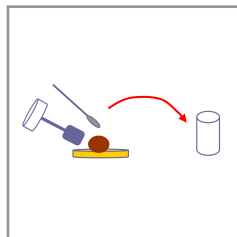


1. Based on the type of tests your doctor prescribed, you will receive a tube with a blue cap as well as with one with a green cap. You may receive a single tube or several, differently coloured tubes.

The **liquid** contained in the tube with the green cap is important for the subsequent analyses – **please do not remove it.**

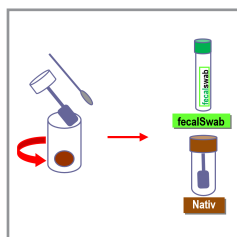


2. **Avoid contact between the stool specimen and urine or water from the toilet.**



3. Open the collection tube with the **blue cap**. Using the spoon attached to the cap, pick up a walnut-sized portion of stool.

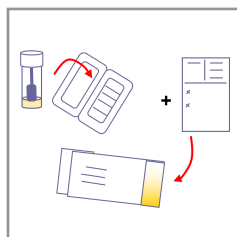
Unscrew the tube with the **green cap**, insert the swab into the stool sample and rotate it until it's completely covered in fecal material.



4. **Mix and mash the specimen with the liquid contained in the tube (green cap) until the sample is evenly dispersed.**

Put the swab back into the tube and break it at the marked breakpoint.

Recap the tube tightly (the spoon remains inside).



5. **Write your name and the collection date of the specimen on the tube label.** Place your filled tube and the filled form you received from your doctor into the bag. **Seal the bag tightly.**



Post the bag. Do not use mailboxes placed outdoors, since strong temperature fluctuations may damage the sample.