

## Stool sampling for gut check



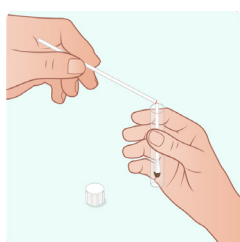
1. You will receive three sample containers for the stool sample collection. The tube with the white cap, Puritan® DNA/RNA Shield™, contains a stabiliser fluid which must not be removed. The other two containers have a brown cap and are used for the collection of the native stool sample.



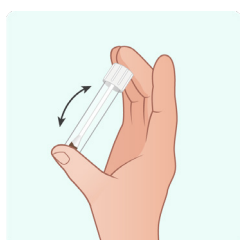
2. To prevent stool from coming into contact with water in the toilet, use the stool collection aid. Attach it to the toilet seat according to the printed instructions. Place the stool on the stool catcher.



3. Remove the swab from the packaging. Prick the cotton tip into the stool sample to a depth where it is completely surrounded by sample material. Pull the cotton tip through the stool sample. If the stool is hard, prick the stool sample in several places.



4. Then push the swab with the material adhering to it back into the tube. Do not fill the tube with more stool. Break off the swab at the notched area and close the tube tightly with the white cap.



5. Swivel the sample tube a few times until the material is well wetted with fluid.



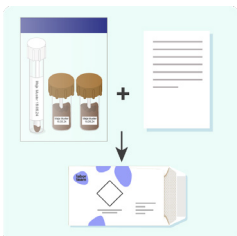
6. Label the tube in the labelling field with your first name, surname, and the date of sampling.



7. Now take the sample containers with the brown cap. Unscrew the cap and fill the containers with the spoon attached to it up to 75 %.



8. Screw the cap (including the spoon) back onto the container and close it tightly. Label the samples with your first name, surname, and date of sampling. Dispose the collection aid in the toilet according to the instructions.



9. Place the stool sample containers with the brown cap in the accompanying plastic bag. Pack everything together with the order form, which the doctor has given you, in the postage bag. Take the bag to the post office.

 Do not use outside mailboxes, as excessive temperature variations can damage the sample.

---

---

---

---

---

---

---

---

---

---