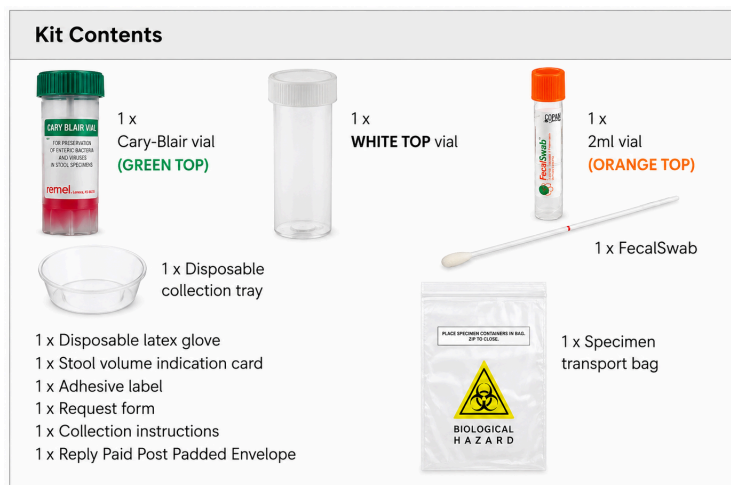




# Microbiome COLLECTION INSTRUCTIONS

## COLLECTION REQUIREMENTS

Before proceeding, please read these instructions carefully. If you remain uncertain of the collection procedure after reading these instructions, visit <https://npath.au/mbiome>. This will link you to a thorough instructional video which clearly explains the procedure.



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 Sunday or Monday ONLY.
- DO NOT inhale, ingest or discard the fluid in the vials as this is a preservative.
- 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.

**IMPORTANT: You will need to return stool specimens in the WHITE TOP, ORANGE TOP and GREEN TOP vials.**

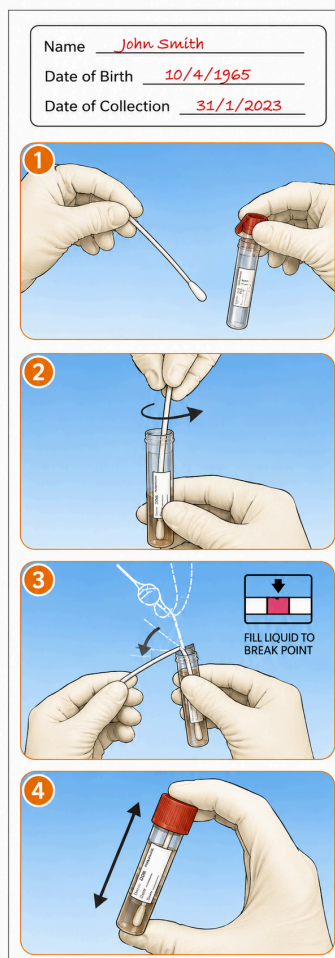
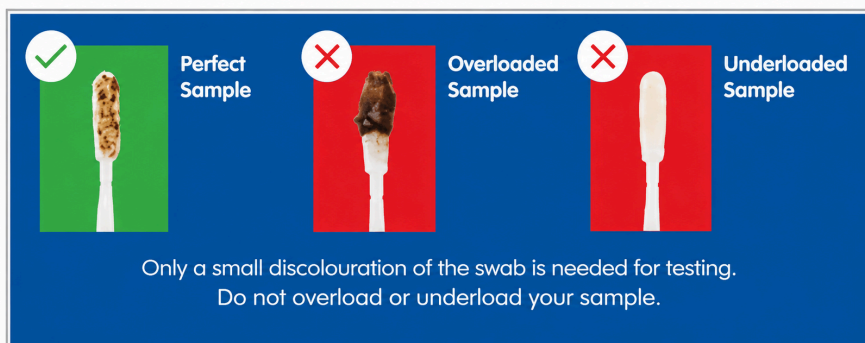
Collect this sample on a **Sunday or Monday ONLY.**



# Microbiome COLLECTION INSTRUCTIONS

## 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. **DO NOT FILL BEYOND THIS.** Once completed, tighten the cap securely to prevent leaks. Any leaks in transit will require a recollection of the sample.
4. **DO NOT** discard the stool in the collection tray.
5. Proceed to PART 2 for the Fecal Swab (ORANGE TOP) collection instructions.



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 fore finger 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



# Microbiome COLLECTION INSTRUCTIONS

## PART 3: GREEN TOP SPECIMEN COLLECTION

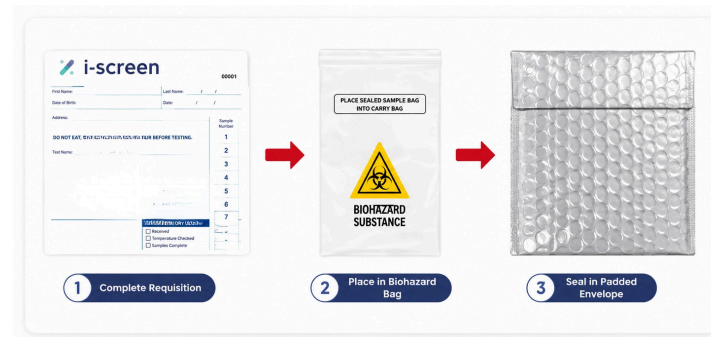
1. Using the spoon handle inside the cap of the GREEN TOP vial, collect several portions of the stool from areas of various colours and textures, including any visible blood or pus.
2. Continue to add and mix stool through liquid until the TOTAL MIXTURE reaches the bold black line. DO NOT remove any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



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: SENDING SAMPLES TO LABORATORY - INSTRUCTIONS

1. Label the WHITE TOP, GREEN TOP and ORANGE TOP vials with patient 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. Ensure all patient information is correctly stated on your i-screen request form. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
4. Place the specimen transport bag, which contains the i-screen pathology request form and the samples, into the padded envelope provided.



Thank you for choosing i-screen.  
Results will be released in your i-screen dashboard where ready.