

## STEP 1:

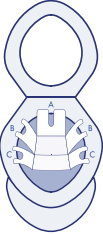
PREP



1. Lay out all the contents of your kit.
2. Label the 3 transfer tubes with the patient's name, date of birth, and date of sample collection.  
**IMPORTANT: Unlabeled specimen tubes will not be processed.**
3. If needed, empty bladder content into the toilet prior to stool collection.

## STEP 2:

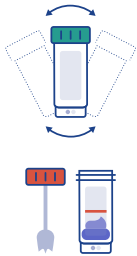
COLLECT



1. Lift the toilet seat and use toilet paper to dry off the rim of the toilet bowl.
2. Unfold the flushable stool collection device and attach it to the toilet bowl.
  - A | Remove the tape on the middle flap and attach it to the back of the toilet bowl.
  - B | Remove the tape on the next 2 flaps and mount them to the bowl.
  - C | Remove the tape on the last 2 flaps and mount them towards the front of the bowl.
3. Put down the toilet seat and relieve your bowels as usual.

## STEP 3:

TRANSFER TUBES



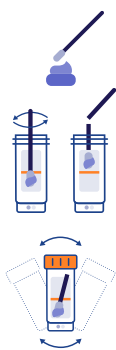
1. Start with the Green Top Tube. Be careful not to spill any of the specimen preservatives within the Green Top Tube.
2. Remove the cap from the transfer tube.
3. Using the spoon attached to the inside of the transfer tube lid, spoon the collected stool into the transfer tube until the tube is filled to the indicated line (normally 1-2 spoons) **DO NOT OVER FILL!** Overfilled samples may result in testing delays.
4. Place the cap back onto the transfer tube and twist it to tightly seal the sample.
5. Shake the Green Top Tube until contents is well combined. Shake for at least 10 seconds.
6. Repeat steps 2 through 4 with the Red Top Tube. Do Not Shake!

## IMPORTANT TRANSFER TIPS

- Collect several portions of stool from areas of various colors and textures, including any visible blood or puss.
- Continue until you fill the transfer tube to the indicated fill line on the tube label, or a minimum of 20 ml.
- For the green top tube, shake vigorously for at least 10 seconds to ensure the sample has been thoroughly mixed. Do not shake the Red top tube.

## STEP 4:

TRANSFER SWAB



1. Remove the swab from the peel pouch. Hold the shaft applicator above the marked breakpoint. Do not touch the swab tip.
2. Insert the tip of the swab into the stool sample and twist until it has a light even coat of fecal material on it. **DO NOT** spoon or scoop the specimen with the swab, there should be no protruding sample attached to the swab.
3. Transfer the swab into the Orange Top vial and check that the "MAX FILL" line on the label is not exceeded.
4. Holding the swab shaft, mix the stool specimen against the side of the Orange Top vial to evenly disperse the stool into the liquid.
5. 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 and bend the swab to break. If needed gently twist the shaft to completely remove the top of the swab shaft. Discard the top of the shaft.
6. Place the Orange Top back on the vial and twist to secure.

## STEP 5:

RETURN



1. Place the labeled transport tubes (both Red, Green, and Orange Top Tubes filled with stool specimen) into the biohazard bag.
2. Fold and place the requisition form into the pocket on the outside of the biohazard bag. **IMPORTANT: Double check all information on the transport tubes and requisition form have been filled out and match exactly.**
3. Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope provided.
4. Ship the specimen to the lab at ambient temperature. If unable to ship on the same day as your collection, keep the sample refrigerated overnight (**DO NOT FREEZE**) and post the following day.



## GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

### Tips To Ensure A Proper Collection & Transport:

- Do Not allow urine to contaminate stool samples. Contaminated samples may be rejected.
- Specimens should be stored in a refrigerator until ready to be transported. DO NOT FREEZE.
- Ensure all patient information on the requisition form and the transfer tubes are filled out and match exactly.

### General Guidelines

- This kit is for a one-day stool collection sample.
- Do Not discard the fluid in the Green Top Tube or the Orange Top Vial.
- Avoid contact with the fluid in the Green Top Tube. If contact occurs with the eyes or skin, wash the area thoroughly with water.
- Do Not inhale or ingest the fluid from the Green Top Tube or the Orange Top Vial.
- Do Not shake the Red Top transfer tube.
- Keep out of reach of children.

### Medical Precautions

- **2 weeks before the test:** Cease taking antibiotics, antifungal drugs, antimicrobial herbs, and NSAIDs unless instructed otherwise by your practitioner.
- **3 days before the test:** Cease taking oral castor oil, probiotics, laxatives, aspirin, or ibuprofen. Also cease taking all gut-associated supplements like pre-and probiotics, digestive enzymes, detox/liver herbs and 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), and 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.

US BioTek Laboratories Stool Specimen Collection is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper collection. All components of this kit are permitted for one-time use only.



**For More Detailed Instructions:** For detailed instructions to assist in your specimen collection, use the QR code to the left or visit [usbiotek.com/collect-specimen](https://usbiotek.com/collect-specimen)