

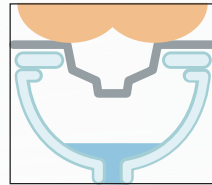
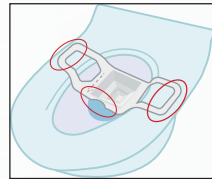
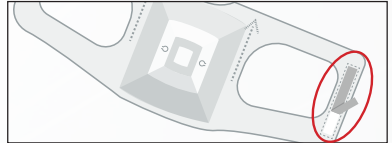
Instructions for Stool Collection

Kit Includes:

- DNA/RNA Shield Fecal Collection Vial
- Label for Vial
- Flushable Stool Sample Collection Sheet
- Microbiome Specimen Collection Kit Transport Box
- Patient Instruction Card
- Specimen Biohazard Bag
- FedEx LabPack Mailer
- Test Requisition Form

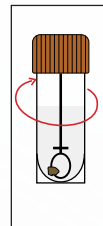
Preparation:

1. Be sure the specimen collection vial is labeled with your Kit ID#, first name, last name and date of birth.
2. Peel the paper lining away from the adhesive strips on the collection sheet and discard. The paper lining cannot be flushed.
3. Place the collection sheet onto the toilet seat so that:
 - a. The notch faces the front of the toilet.
 - b. The adhesive strips are closer to the outside edge of toilet seat rim to make sure the collection sheet is approximately midway between the seat and the water in the toilet.
DO NOT let the collection sheet touch the water.
4. Press down on the adhesive strip to secure it to the seat.
5. You are ready to use the toilet and collect your sample.



Sample Collection:

6. Unscrew the collection tube cap and use the attached spoon to scoop one spoonful of feces from the stool. **DO NOT disconnect the spoon from the cap.** The collection tube contains liquid. **DO NOT drink, touch, or remove the liquid from the tube.**
7. Place the spoon into the tube and securely tighten the cap.
8. Mix the contents thoroughly by inverting 10 times. Some fecal material may not completely mix into the solution. This is acceptable as long as the material is submerged beneath the liquid.
9. Place the collection tube into the center pocket of the biohazard bag and seal the bag.



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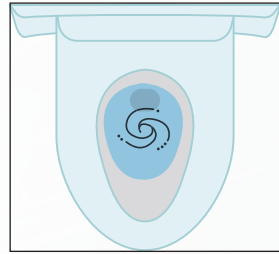
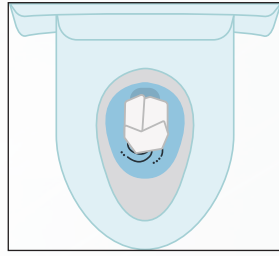
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Instructions for Stool Collection

Disposal:

10. Flush any toilet paper and material in the toilet that is not contained in the collection sheet.
11. After the toilet has refilled with water, detach the collection sheet and allow to drop into the water. Let sit for a few minutes to saturate the collection sheet.
12. Flush the collection sheet and material contained within.
13. Wash your hands well.



Specimen Packaging & Submission:

14. Insert the Test Requisition Form into the outer pocket of the specimen biohazard bag.
15. Place the sealed biohazard bag into the transport box.
16. Insert the transport box into the prepaid FedEx Lab Pack envelope. Remove the FedEx receipt inside for your records. Don't forget to seal the Lab Pak by removing the paper on top of the adhesive strip.
17. Be sure to ship the specimen to our facility as soon as possible after collection. Prepayment can be provided by scanning the QR code, which can be found on the specimen transport box or test requisition form.

The questionnaire must be completed and prepayment submitted, or your sample will not be processed.

18. Call FedEx at 1-800-463-3339 to schedule your pickup.
19. Test results will be faxed to the ordering physician's office upon completion.

If you should have any questions regarding the above, please feel free to contact Client Services toll at free 877-269-0090.



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IH0268 Upd: 9/2023