



Instructions for collecting yeast / parasite analysis samples

Sample collection kit includes:

1. 1 x tube with a spoon for analysis of yeast and parasites
2. 2 x toilet mounted tool „Feces catcher“
3. Envelope for returning in the sample
4. Instructions for collecting faecal samples

Sampling:

1. Read the instructions carefully.
2. Prior to sample collection, wash your hands.
3. Attach „Feces catcher“ to the toilet as it is shown in the drawing.
4. Gather the stool on the „Feces catcher“.
5. For parasite and yeast overgrowth analysis, take the test tube with the spoon and gather about a grape-size (2 cm x 1.5 cm) piece from the middle part of the stool and close the spoon tightly in the test tube. Wash your hands.
6. **Mark the date and time of sampling.**
7. „Feces catcher“ is biodegradable and can be flushed down the toilet.
8. Place the sample tube in the plastic bag and seal the top.
9. Put the plastic bag in the envelope.
10. On the day of sampling please **fill the form** that you received via email. Be sure to fill in the **correct sample code and email address**, so we know who to send the results to.
11. Return the sample at the agreed-on time to the nutritionists or send it straight to the TFTAK lab.



Yeast and parasite analysis sample can be stored up to 24 h, so the sample should be taken on the day of the analysis or the night before and delivered to the laboratory as soon as possible.