



Instructions for collecting bacterial microbiota analysis samples

Sample collection kit includes:

- 2 x solution tubes for bacterial microbiota analysis
- 2 x sterile cotton swabs
- 2 x toilet mounted tool "Faeces Catcher"
- Envelope for returning the sample
- Instructions for collecting faecal samples



Sampling

1. **Read the instructions carefully and read through the survey questions linked in the email!**
Before taking a sample, wash your hands. Attach "Faeces catcher" to the toilet as it is shown in the drawing.
2. Gather the stool on the "Faeces Catcher". PS! The paper breaks down when it gets into water or urine, also, it is not able to hold heavy stool.
3. To take a sample of bacterial microbiota, insert the end of the sterile swab into the middle part of the stool (about 1 cm). Insert the swab the same way in about 3 different areas of the stool.
4. Take the cap off of the solution filled tube. Twist the cotton swab in the solution for about 1 minute. Make sure that there is **at least** so much sample in the test tube, so that the bottom of the tube is covered (see drawing).
5. Close the cap tightly. Mark the date and time of sampling.
6. If the sampling failed, please try again with the second kit.
7. Place the sample tube in the plastic bag and seal the top.
8. Put the plastic bag in the envelope.
9. On the day of sampling **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.
10. Return the samples to the TFTAK laboratory on the agreed date or order the pick up at: microbiome@tftak.eu.

PS! The sample in the solution (small sample tubes) may be **stored at room temperature (25 ° C) for up to 7 days**. However, it must be considered that fresh samples provide the best results.