

# Dietary Biomarker Microbiome Sample Collection

Thank you for your participation in this study! By providing samples, you are helping to research health, disease, and the human microbiome.

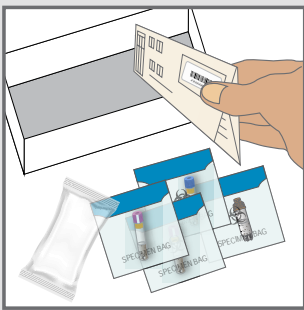
These instructions explain the collection and sample return process. The entire process is straightforward and hygienic. It is important to read all of the instructions prior to starting. Please collect and return your samples as soon as possible after your collection. Check that your kit contains all of the materials shown on the next page. If you are missing any items, please let the study team know as soon as possible.

**(617) 998-6333**

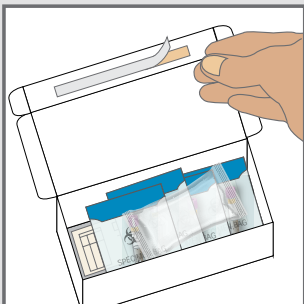
**[eatbiomarkers@hsph.harvard.edu](mailto:eatbiomarkers@hsph.harvard.edu)**

## Final Steps

**UPON COMPLETION, PACKAGE AND RETURN YOUR SAMPLES FOR PROCESSING:**



When you have completed collection for all samples in your study's collection plan, place any included paperwork in the bottom of the box. Next, place the sample bags inside the box, and then put the air cushion in the box on top of everything.



Once all items are inside the box, peel the adhesive liner off the box lid, close the box, and then press the adhesive down firmly across its entire length to seal the box.

**RETURN USING USPS®**

Your box has a prepaid, pre-addressed USPS shipping label. Drop the box off in a mailbox or at a post office.

**DO NOT** bring your kit to the clinic unless directed by the study staff. Samples should be shipped back to the lab as quickly as possible, ideally within **24 hours** of collection.

# Kit Contents

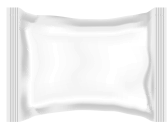
1. One air cushion.
2. One mailer box.

## COLLECTION TUBES AND MATERIALS:

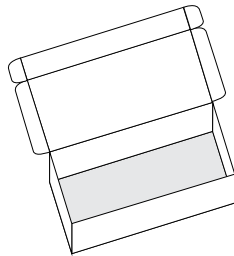
3. 2 collection tubes with preservative.
4. Two spatulas per stool collection (plus an extra if needed).
5. Two toilet accessories per stool collection (plus an extra if needed).

## ACCOMPANYING THESE COLLECTION TUBES, YOUR KIT MAY CONTAIN:

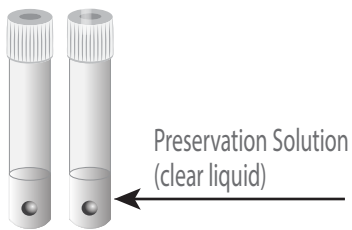
6. One **barcode label** for each tube and for the questionnaire.
7. One bio-specimen bag (with absorbent pad) for each tube.
8. One stool scantron questionnaire per collection.



1.



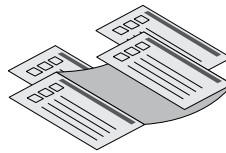
2.



3.



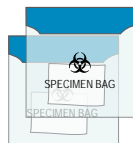
4.



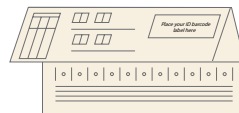
5.



6.



7.



8.

## USER INSTRUCTIONS

This toilet accessory is used to facilitate collection of fecal samples. If your stool sample is liquid or you have diarrhea, wait until your next bowel movement to collect the sample.

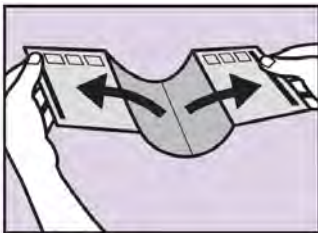
**CAUTION:** Do NOT allow toilet water, urine, detergent or fragrance to come in contact with this toilet accessory.

### Procedure:



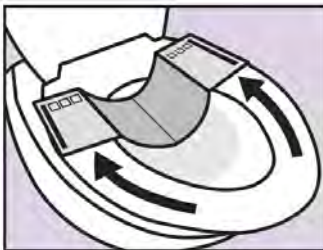
#### STEP 1

Multiple toilet accessories are provided in the event you are unable to collect a sample on the first attempt.



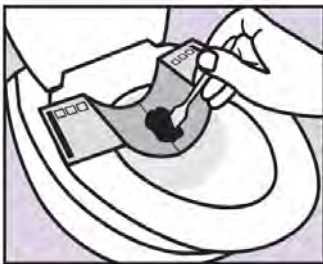
#### STEP 2

Carefully peel open edge with ▲; repeat for edge with ■.



#### STEP 3

Attach adhesive surface of accessory to BACK of toilet seat with adhesive close to the outer edge of the seat and press firmly.



#### STEP 4

Collect fecal sample following the Stool Collection instructions. Continue to page 4 for fecal collection steps.



#### STEP 5

Drop used accessory into toilet when done with all fecal sample collections. Wait 1 minute for paper to dissolve then flush. Alternatively, discard in garbage.

# STOOL TUBE COLLECTION INSTRUCTIONS

## IMPORTANT:

When collecting multiple specimens from the same defecation using different tubes, do so from the same stool sample. Empty your bladder before beginning collection. The tubes are not designed to stand upright on their own. Placing the tube in a cup will allow you to not have to hold the tube in your hand at all times. Please be careful not to spill the preservative in the tubes.



For each collection into a tube with preservative solution:

### STEP 1



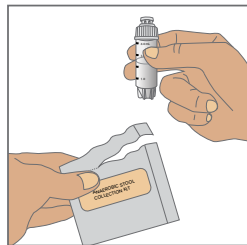
Follow the instructions in the **toilet accessory pack** and attach the collection paper to the toilet seat by pressing firmly.

**IMPORTANT: Collect the samples quickly, as the toilet accessory will only hold for ~10 minutes once attached to the toilet seat.**

If your stool sample is liquid or you have diarrhea, wait until your next bowel movement to collect the sample. Additional toilet accessories have been provided if needed.

Do NOT urinate into the toilet accessory. The stool sample must be collected free of urine or toilet water. If the sample becomes contaminated with urine or falls into the toilet, do NOT collect the sample. Use additional toilet accessories if needed.

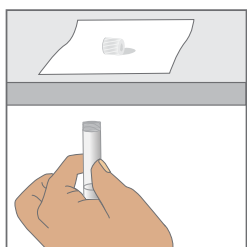
### STEP 2



Find the appropriate stool collection package, open it, and remove the tube.

You may discard the cellophane packaging of each tube after it has been opened.

### STEP 3



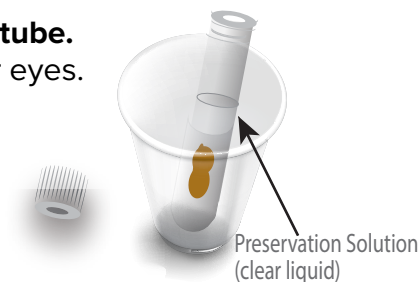
Unscrew the cap from the tube and place the cap aside on a clean surface. The tube is not designed to stand upright.

Placing the tube in a cup will allow you to not have to hold the tube in your hand at all times.

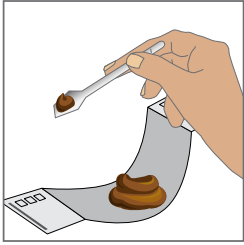
**Please be careful not to spill the preservative in the tube.**

Wash with water if liquid comes in contact with skin or eyes.

Do NOT ingest.

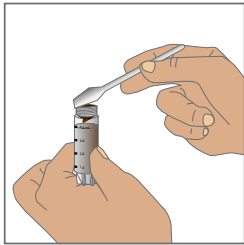


# STOOL TUBE COLLECTION INSTRUCTIONS



## STEP 4

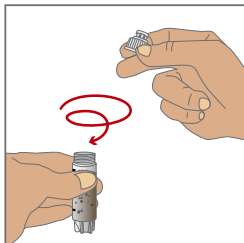
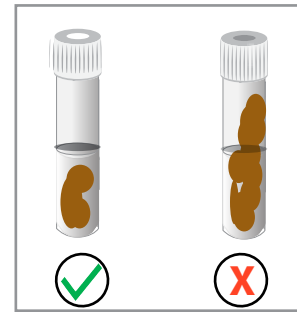
Use the spatula to collect a small scoop of stool from the paper accessory into the tube, approximately 1/2 the size of the spatula's end or about the size of a jelly bean. Repeat with a second small scoop of stool. Do NOT fill the tube completely.



Scrape across the tube top to remove any excess stool.

The total amount of stool in the tube should be approximately the size of a jelly bean. It is not necessary to provide any more or less.

DO NOT overfill the tube.



## STEP 5

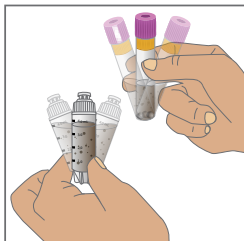
Screw the cap back on the tube tightly. Wipe the exterior of tube with toilet paper as needed.

Retain the spatula for other samples collected from this specimen.

## STEP 6

Repeat steps 3, 4, and 5 for the second collection tube.

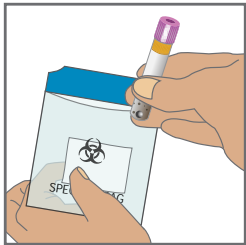
**When all collections are complete discard the spatula in the garbage, do NOT flush. Discard the toilet accessory collection paper in the toilet and flush as indicated in the instructions in the toilet accessory pack.**



## STEP 7

**Shake each tightly sealed tube as hard and as fast as possible in a back and forth motion for at least 30 seconds each.**

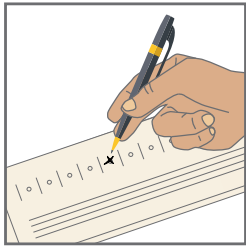
# STOOL TUBE COLLECTION INSTRUCTIONS



## STEP 8

Insert each collected sample into its own biospecimen bag. Do NOT remove the absorbent pad from inside the bag.

Peel off the liner on the top of the bio-specimen bag and fold over to seal tightly.



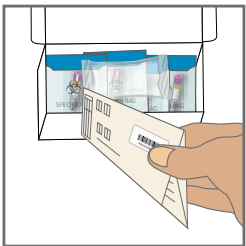
## STEP 9

Fill out the stool sample questionnaire completely.



## STEP 10

Place all sealed bags back into the box



## STEP 11

Place the completed questionnaire into the box.

Return to page 1 when your sample collection is complete.

***Thank you for participating in this study! If you have questions please send an email or call your study coordinator.***