



1. Write the date of your stool sample collection onto the collection tube.
2. Adhere the paper feces catcher onto the back of the toilet seat (see diagram on paper for further instructions). We have provided you with 2 paper feces catchers in case one rips.

a. Do not urinate onto the Feces Catcher. If possible, urinate before you adhere the paper catcher.

3. Have your bowel movement onto the paper catcher.

a. Note: to avoid contamination, do not collect any stool that has fallen into the toilet water.



4. Put on the nitrile gloves included with your kit.
5. Unscrew the collection tube cap & use the spoon to scoop 1 spoonful of feces from your sample.
6. Place the sample in the collection tube. Do not touch the scoop or sample that goes into the collection tube.



7. Tighten the cap & shake to mix the contents thoroughly (invert 10 times) to create a suspension.

a. Note: some fecal material may be difficult to re-suspend. As long as the material is suspended, the sample is stabilized.

b. Foaming/frothing during shaking is normal.

8. Place sealed collection tube into orange specimen bag. Do not remove the pink absorption pad. Seal the bag.
9. Loosen the paper feces catcher on both ends & squeeze the ends together.
10. Drop the feces catcher in the toilet bowl & wait a moment until the paper is soft & can easily be flushed down the toilet.
11. Dispose of gloves and thoroughly wash your hands.
12. Place sealed orange specimen bag into the prepaid return envelope and place the envelope in a mail box.
13. You will receive your gift card within 4 weeks from submitting the specimen.
14. Please visit this website if you would like to watch an instructional video:

<https://goo.gl/THfEsS>