

STEP 1:

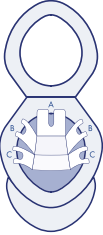
PREP



1. Lay out all the contents of your kit.
2. Label the 3 transfer tubes with the patient's name, date of birth, and date of sample collection.
IMPORTANT: Unlabeled specimen tubes will not be processed.
3. If needed, empty bladder content into the toilet prior to stool collection.

STEP 2:

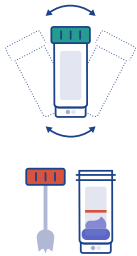
COLLECT



1. Lift the toilet seat and use toilet paper to dry off the rim of the toilet bowl.
2. Unfold the flushable stool collection device and attach it to the toilet bowl.
A | Remove the tape on the middle flap and attach it to the back of the toilet bowl.
B | Remove the tape on the next 2 flaps and mount them to the bowl.
C | Remove the tape on the last 2 flaps and mount them towards the front of the bowl.
3. Put down the toilet seat and relieve your bowels as usual.

STEP 3:

TRANSFER TUBES



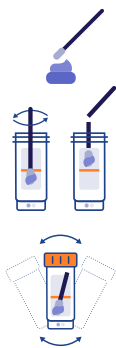
1. Start with the Green Top Tube. Be careful not to spill any of the specimen preservatives within the Green Top Tube.
2. Remove the cap from the transfer tube.
3. Using the spoon attached to the inside of the transfer tube lid, spoon the collected stool into the transfer tube until the tube is filled to the indicated line (normally 1-2 spoons) **DO NOT OVER FILL!** Overfilled samples may result in testing delays.
4. Place the cap back onto the transfer tube and twist it to tightly seal the sample.
5. Shake the Green Top Tube until contents is well combined. Shake for at least 10 seconds.
6. Repeat steps 2 through 4 with the Red Top Tube. Do Not Shake!

IMPORTANT TRANSFER TIPS

- Collect several portions of stool from areas of various colors and textures, including any visible blood or puss.
- Continue until you fill the transfer tube to the indicated fill line on the tube label, or a minimum of 20 ml.
- For the green top tube, shake vigorously for at least 10 seconds to ensure the sample has been thoroughly mixed. Do not shake the Red top tube.

STEP 4:

TRANSFER SWAB



1. Remove the swab from the peel pouch. Hold the shaft applicator above the marked breakpoint. Do not touch the swab tip.
2. Insert the tip of the swab into the stool sample and twist until it has a light even coat of fecal material on it. **DO NOT** spoon or scoop the specimen with the swab, there should be no protruding sample attached to the swab.
3. Transfer the swab into the Orange Top vial and check that the "MAX FILL" line on the label is not exceeded.
4. Holding the swab shaft, mix the stool specimen against the side of the Orange Top vial to evenly disperse the stool into the liquid.
5. Hold the vial away from your face. Holding the end of the swab shaft, place the marked breaking point against the rim of the vial and bend the swab to break. If needed gently twist the shaft to completely remove the top of the swab shaft. Discard the top of the shaft.
6. Place the Orange Top back on the vial and twist to secure.

STEP 5:

RETURN



1. Place the labeled transport tubes (both Red, Green, and Orange Top Tubes filled with stool specimen) into the biohazard bag.
2. **IMPORTANT: Enclose the biohazard bag within the crush-proof 4U Health box and place it into the return shipping envelope provided.**
3. **Ship to the lab same day as you collect your specimen.**
4. If unable to ship on the same day as your collection, keep the sample refrigerated overnight (**DO NOT FREEZE**) and post the following day.