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## Instructions for Sample Collection

### Before You Begin...

Please make sure to carefully read through the following information about your collection packet. Step-by-step instructions on how to collect your sample can be found on the back of this guide. For video instructions, visit <https://addhealth-bio.cpc.unc.edu/microbiome>.

### Packet Contents:

- Brown top collection tube
- 50 ml graduated tube
- Plastic gloves
- Collection card
- Padded shipping envelope

### Do's and Don'ts:

**DO** plan to collect your sample when you can put them in the mail as soon as possible after collection.

**DO** hold the scooper by the brown top as it is sterile. If the scooper is accidentally dropped or contaminated, note this on the collection card when you send in your sample.

**DO NOT** touch anything other than the sampling areas described or the sample will be contaminated.

**DO NOT** refrigerate or freeze tube before shipping them.

**DO NOT** put the sponge back in the tube if it falls out, throw it away.

### How Much Sample Should I Collect?

It is important to collect only a small portion of stool for your sample, covering  $\frac{1}{2}$  the tip of the plastic scooper at most. More is **NOT** better. Too much sample can alter the results of tests. Refer to the example picture for the amount you should collect. To watch a video on how to collect the sample, visit the Add Health Wave VI Microbiome website:

<https://addhealth-bio.cpc.unc.edu/microbiome>



### Thank You for Participating in the Study!

After shipping your sample to Add Health, you should expect to receive your \$20 gift card within 4-6 weeks by email.



### Collect Your Sample



**1. Wash Hands:** Put on provided gloves (optional).



**2. Prepare Sample:** After a bowel movement, use a larger piece of toilet paper for the first wipe and then rest the clean side on a counter or other location while you prepare the tube.



**3. Open Tube:** Hold the brown top collection tube by the top, twist the top off and pull it straight out, being careful not to spill the alcohol inside. Set the clear part of the tube upright on a counter and take the brown top scooper to collect your sample.



**4. Collect Sample:** Scrape your toilet paper with the scooper, collecting a sample on the tip of the scooper. Only a small amount of stool sample is needed.



**5. Close Tube:** Carefully re-insert the scoop back into the plastic tube. Try to keep the sponge and liquid in the tube. If the sponge falls out, throw it away and do **NOT** put it back in the tube. Make sure the cap is aligned correctly and screw it on tight.



**6. Wash Hands, Again:** Place the closed sample tube into the larger 50 ml storage tube, and then close that tube as well. Wash your hands once again when you have finished closing the storage tube.

### Return Your Sample



**1. Package Sample:** Place the 50 ml storage tube in the padded shipping envelope. Do not seal the envelope yet.



**2. Complete Collection Card:** Fill out the collection card and place it inside the padded shipping envelope with the conical storage tube. Make sure to note any sample contamination. You may keep the provided pen as our gift to you.



**3. Seal and Send:** Seal the padded shipping envelope. Drop the padded envelope in any USPS mailbox as soon as possible after collecting the sample. You do not need to add any stamps or postage. Add Health has already paid the return shipping costs.