

## THE WISCONSIN MICROBIOME FOLLOW-UP STUDY INSTRUCTIONS FOR STOOL COLLECTION

**\*IMPORTANT:** PLEASE WASH YOUR HANDS BEFORE BEGINNING THE PROCEDURE.  
DO NOT pass the specimen into the toilet.  
DO NOT pass the specimen directly into the collection vial.  
DO NOT urinate on the specimen or into the collection vial.

1. Remove the lid from the 'margarine tub', place the tub through the round circle of the trapezoid shaped frame. Lift the toilet seat and place the unit (shown in picture) on the back rim of the toilet with the long straight edge facing the center of the toilet. Put the toilet seat back down. Sit on the toilet as usual to have the bowel movement.



2. Put on gloves (provided) and use the wooden tongue depressor (shown in picture below) to scoop out several tablespoons of stool. Transfer the stool from the wooden tongue depressor to the sterile plastic container (shown in picture).



3. Close the top of the sterile container tightly to avoid leakage. Discard the tongue depressor and the used 'margarine tub' with the lid on in the regular trash.
4. Record Date/Time of Collection and Time of Refrigeration on outside of container.
5. Place the container in the Biohazard bag and seal the bag tightly.



6. Place the Biohazard bag into the paper bag for transport to your sample collection appointment.
7. Store the sample in your refrigerator until you bring it upon leaving for your sample collection appointment. Please refrigerate, but do not freeze this sample.