

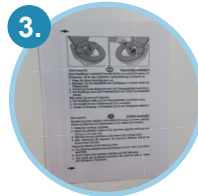
Your kit contains:



1 protective bag with absorbent pad



1 small sample tube & 1 big transport tube



1 stool collection unit



1 sample dispatch note



1 grey envelope

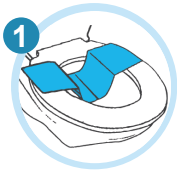
General information:

- ❗ **Collect and send the samples off on Mondays only!**
- ❗ At temperatures below 5° C and above 30° C, do not throw samples into the mailbox, but hand them in directly at the post office.
- ❗ The sample can be stored in the refrigerator overnight. Do not freeze!
- ❗ Incorrectly taken samples cannot be analyzed. For a new delivery of the test kit, we will charge you for new material and shipping costs.
- ❗ **For gluten intolerance (transglutaminase) test only:** Do not go on a gluten-free or gluten-restricted diet 2 weeks before the sample collection.



Avoid medication that softens the stool. This includes medication against heartburn, such as antacids and acid-binding products.

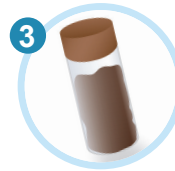
After taking antibiotics or probiotics, wait at least 2 weeks before doing the test to ensure correct results.



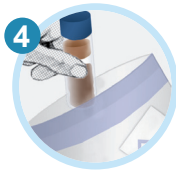
- ➔ Use the stool collection unit to avoid the stool being contaminated by toilet water. Empty your bladder before the sample collection to prevent mixing of urine and stool.



- ➔ Take the spoon (attached below the lid) to stir the stool. Take samples from at least three different places.



- ➔ Fill at least $\frac{3}{4}$ of the small sample tube with stool. Close the tube and clean it externally, if necessary. Label it with your name and the sample collection date.



- ➔ Insert the small sample tube into the larger transport tube and put them in the protective bag with absorbent pad.



- ➔ Fill out all the information on the sample dispatch note. Don't forget to sign it!



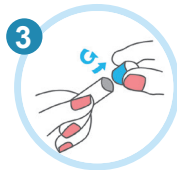
- ➔ Put the bag in the gray return envelope together with the sample dispatch note and send it to our laboratory.

General information:

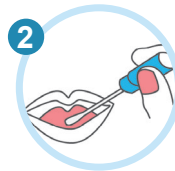
- ❗ Send in the smob swab together with the stool sample. Separate samples cannot be analyzed.
- ❗ Do not use an antifungal or antibacterial mouthwash before doing the mouth.
- ❗ Do not eat unwashed fruit or vegetables starting from 3 days before sample collection.



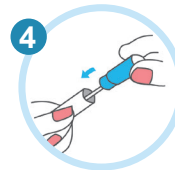
- ➔ Open packaging and remove sterile cotton swab, as well as tube with transport medium.



- ➔ Remove the cap at the upper end of the tube along the dashed line.



- ➔ Move the cotton swab back and forth on your tongue at least 5 times. Turn the stick slightly while doing so.



- ➔ Insert the cotton swab into the tube. Make sure the tube is tightly closed.

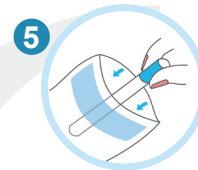
Consists of:



Sterile cotton swab



Tube with transport medium



- ➔ Put the mouth swab into the transparent protective bag together with the stool sample, insert it together with the sample dispatch note into the grey envelope and send everything to our laboratory.