



SAMPLING METHODS

16S RNA MICROBIOTE + SCFA

IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

EQUIPMENT

To take this sample, we provide you with :

- 1 brown capped tube with stabilizer.
- 1 tube with brown cap.
- 1 collection tray (Fe-Col).

IMPORTANT

The provided tube cannot be rinsed. It contains a stabiliser which is essential for the analysis.

PRACTICAL INFORMATION

If you also have to take a blood sample, you can collect your stool the day before or the day of the blood sample. However, be sure to keep your stool sample in the fridge until you are ready to send it.

BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.



STEP 1



Write down your last name, first name and date of birth on the label of the two provided tubes.

STEP 2



Wash your hands thoroughly.

STEP 3



Dry the rim of the toilet with paper and **place the collection tray** according to the provided instructions.

STEP 4



Defecate on the collection tray and **collect a little stool using the built in spoon** into each tube (2 dabs of stool per tube).

STEP 5



- Close the tubes tightly.
- **Shake the tube with the stabiliser to make sure the stool is mixed with it.**
- Place the tubes in the provided plastic bag.