

## METHOD OF COLLECTION

### 16S RNA MICROBIOTA + CGA

#### IMPORTANT

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

#### MATERIAL

To perform this sampling, we provide you with:

- 1 jar with a red lid.
- 1 jar with brown lid and stabilizer.
- 1 collection support (Fe-Col).

#### IMPORTANT

The provided container of liquid cannot be rinsed. It contains a stabilizer essential for the analysis.

#### PRACTICAL INFORMATION

If you also need to have a blood sample taken, you can collect your stool the day before or the day of the test. However, be sure to keep your stool sample refrigerated until it is ready for shipment.

- *BEFORE TAKING YOUR SAMPLES: Please consult your doctor to see if your current treatment (medication, food supplement, etc.) should possibly be temporarily suspended.*



## STEP 1



Write on the label of the two jars provided: your name, surname and date of birth.

## STEP 2



Wash your hands thoroughly.

## STEP 3



Dry the toilet rim with paper and place the collection support following the instructions on the packaging.

## STEP 4



Place your stools on the support. For the BROWN lid pot: collect a little stool using the integrated spoon - 2 hazelnut-sized amounts of stool.

- For the jar with the RED lid: Be careful not to overfill the jar, it should only be half full.

## STEP 5



Seal both jars tightly. Shake only the jar with the brown lid containing the stabilizer vigorously. Then place them in the bag provided.