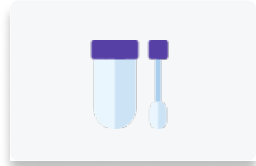
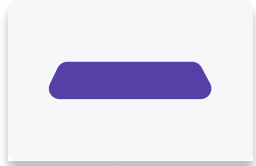


# FECAL MATTERS STOOL COLLECTION PROCESS

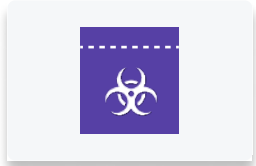
## Tools to be prepared:



1 stool specimen container; screw-on leak-resistant lid with spoon. 25-30 ml capacity.



1 absorbent pad.



1 ziplock top biohazard specimen bag.



1 self-sealing bubble out bag.



corrugated cardboard box mailer



1 large paper envelope



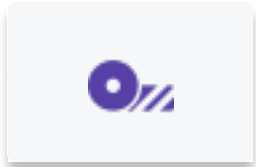
1 permanent marker



flushable stool sample collection sheet.



1 UN3373 label for Biological Substance, Category B.



tamper evident security tape.

## DNA Sample Collection Steps:



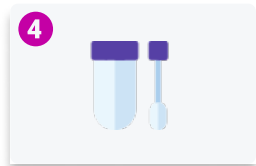
Do NOT take any of the following within 1 week of collecting your sample: (a) medicines to treat heartburn, indigestion or to prevent stomach ulcers (antacids); (b) barium or bismuth; (c) medicines to treat diarrhea; (d) oily laxatives such as castor oil.



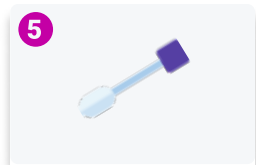
With a permanent marker, write your specimen number and collection date on the specimen container.



Place flushable stool sample collection sheet in the toilet to catch the stool. Make sure the stool doesn't touch the inside of the toilet.



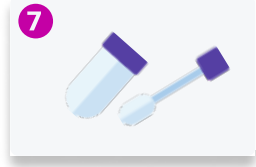
Unscrew the lid from the specimen container. Place the lid upside down in a clean, secure spot as it will be used to seal the sample.



Use the spoon attached on the lid to collect the stool.



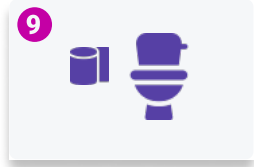
Try to make sure that any parts of the stool which appear bloody, slimy, or watery are put into the stool specimen container, especially if the specimen is to look for possible infections as the liquid may contain important traces. Do NOT collect stool that has been mixed with water or urine.



Aim to fill the container around a third of it. Do NOT overfill the specimen container. Try not to spill the stool on the outside of the specimen container.



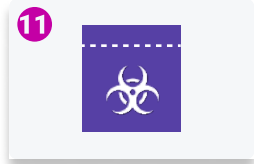
Put on the specimen container lid and screw on tightly.



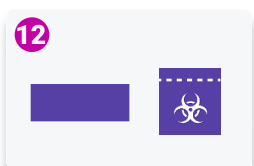
Dispose of the remaining stool in the flushable stool sample collection sheet. Put anything you used to collect the stool in a disposable plastic bag, tie it up, and put it in your outside bin



Wash your hands properly



Place the stool specimen container and the absorbent pad in the ziplock top biohazard specimen bag.



Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Attached the "UN3373. Biological Substance, Category B" label on the top side of the corrugated cardboard box mailer.



Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab's address on the cardboard box and ship it immediately using the overnight delivery shipping service. You DO NOT need to mention your name, address, or any personal information anywhere.