



INSTRUCTION GUIDE

Microbiome ExplorerTM

Essentials

We're happy you're here!
At Microba, we expect better –
better for you and better for your
health. We're with you as you take
the positive steps towards clearer
insights into your microbiome.

To help your healthcare professional capture
meaningful insights from your sample, please
read the instructions in full before taking your
sample and follow the directions for use.

Scan this QR code for a
visual guide to the manual.
For more information, contact
the Microba Customer
Support at **1300 974 621**.



Before you start please consider

DO

- Maintain your regular diet and lifestyle for at least two weeks before taking a sample.
- You will need to collect a sample from a bowel movement that is typical for you.

DO NOT

- Avoid changes in exercise, short-term use of supplements or antibiotics, or trying new foods, as these can affect your sample. No dietary restrictions are needed.
- Do not collect a sample during menstruation or within three days after.
- Avoid starting antibiotic, antimicrobial, antiseptic, or antiviral treatments if possible, as these can affect your results.





Before beginning your test, please check this kit is addressed to you and contains all listed items. If any kit items are missing or damaged, please contact Microba customer service at **hello@microba.com** or on **1300 974 621**.



Make sure you have all of the below items included in your Microbiome Explorer™ kit

The below items are included in your sampling kit:

- 1 Instruction booklet
- 2 Swab
- 3 Day of collection sticker
- 4 Pouch A
- 5 Return paid envelope



48 hour Preparation

When receiving kit



- Ensure the kit is addressed to you. Your sample is identified by the QR code on the collection swab base, the top of the collection pot, and your completed Day of Collection stickers.
- Unpack your kit and check you have all the components.
- Read and understand all instructions.

Two days before taking your sample



- Avoid drinking alcohol.
- Avoid taking NSAIDs (e.g. ibuprofen, aspirin) unless directed by a healthcare professional.



Day of sample

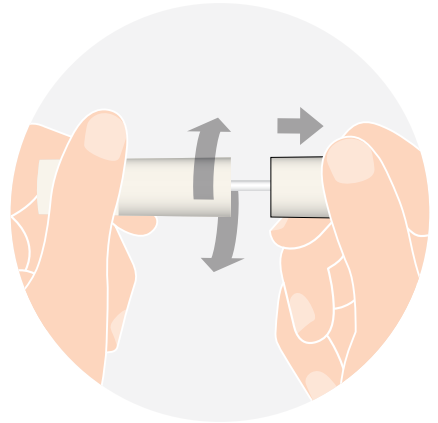
- Be ready to take your sample from your first bowel movement of the day.
- Allow 30 minutes to complete the sampling process.
- For women, avoid collecting during or three days after menstruation.
- Ensure you have read and understood all instructions. If you need help, call Customer Services at 1300 974 621.



STEP 1

Open the tube by twisting and pulling

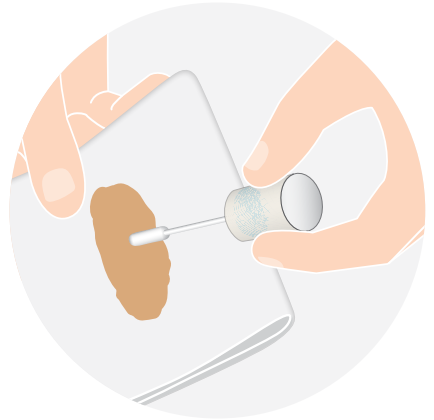
Open the swab tube by twisting and pulling with a firm grip. It is important that the swab tip does not come into contact with your hand or any other surfaces, as this can interfere with the sample.



STEP 1

Collect your swab sample

Wipe as usual after your bowel movement. You should use a piece of freshly soiled toilet paper for the sample. Only a small smear is needed with no lumps captured on the swab.



Lightly touch the round end of the swab to collect a small smear. Only a small discolouration of the swab is needed for testing.





Too much
sample



Too little
sample

Do not overload or underload your sample. Our lab may not be able to process your sample if your swab contains too much or too little faecal material.

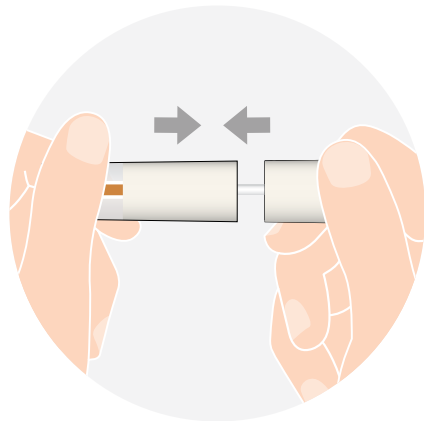


STEP 3

Close your swab sample

Place the swab in the tube and click to close. The swab should be placed immediately back in the tube without touching any other surfaces. Firmly close the tube until you hear it click and set aside.

Contact our team immediately if the swab has touched another surface or been contaminated with toilet water.



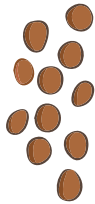
STEP 4

Take note of your stool consistency

Please take note of your stool consistency using the Bristol Stool Chart on the next page as you will need to record this in a later step.



Bristol Stool Chart



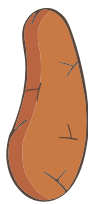
Type 1

Separate hard lumps like nuts (hard to pass)



Type 2

Sausage shape but lumpy



Type 3

Like a sausage but with cracks on its surface



Type 4

Like a sausage or snake, smooth and soft



Type 5

Soft blobs with clear-cut edges (passed easily)



Type 6

Fluffy pieces with ragged edges, a mushy stool



Type 7

Watery, no solid pieces; entirely liquid



STEP 5

Label your sample with the day of collection sticker

Use the collection stickers provided to label the swab and the pot with name, date of birth, time (AM or PM), date of collection and stool type.



STEP 6

Place the collection swab in the pouch provided

Place the swab in the pouch A provided and press the pouch closed to seal. Ensure the pouch is properly sealed.

Ensure the pouch is properly sealed. If you are not able to post your sample immediately, please store it at room temperature and not in the fridge.



STEP 7

Send your sample

You will need to return your sample the same day the sample has been taken.

Place the sealed pouch A in the return paid envelope provided and seal it securely. Return to our laboratory by taking the package to your local post office or posting in any yellow express Australia Post box.



Frequently Asked Questions

Should I discontinue probiotics or supplements before sampling?

We recommend maintaining your normal supplement and probiotic regime for two weeks prior to sampling, unless you have been advised to discontinue them by your healthcare professional. Always consult with your healthcare professional before making any changes to prescribed probiotics or supplements and do not discontinue any medications without their advice. Please collect a sample from a bowel movement that is typical for you.

Will taking antibiotics and antimicrobial supplements prior to sampling change my results?

Antibiotics and antimicrobial supplements can disrupt the microorganisms in your gut microbiome. We recommend waiting four weeks or longer after ceasing your supplement or antibiotic course before taking your sample.

Can I provide a sample with visible blood present?

Yes, you can provide a sample with visible blood although its presence in a faecal sample has a higher possibility of failing the initial assessment for sample processing. If possible, wait until you are able to provide a sample without active bleeding.



Should I stick to my regular diet and lifestyle habits before sampling?

If you would like to see what your 'normal' gut microbiome looks like, stick to your normal habits for at least two weeks prior to sampling. The microorganisms inhabiting your gut are quite stable over time (in the absence of any major disruptions) and it is only their abundance that will change based on your diet and other habits.

Can I provide a liquid stool sample?

Yes, you can still send a liquid stool sample for analysis. However, a liquid stool sample may impact result accuracy which will be noted on your report.

Can I provide a sample if I have been taking nonsteroidal anti-inflammatory drugs (NSAIDs)?

It is better to take a sample when you have not been taking NSAIDs in the few days prior. You can still send a sample if you have been taking NSAIDs, but this will impact the level of calprotectin reported. Please advise your healthcare professional so this can be considered in the report interpretation.

For answers on more Frequently Asked Questions visit our website www.microba.com or contact the Microba Customer Service team on 1300 974 621 for more information.





Expect Better

Microbiome Explorer is only available for purchase through a healthcare professional.

The faecal occult blood, polymerase chain reaction (PCR) and enzyme-linked immunosorbent assays (ELISA) used in Microbiome Explorer are diagnostic and are approved for clinical use. The faeces pH assay used in Microbiome Explorer is for research use, only and not to be used as a basis for diagnosis. The metagenomic assays used in Microbiome Explorer are to determine the microbiome populations and associated functional pathways in a faecal sample. The application is for research use only and is not to be used as a basis for diagnosis. Learn more about the journey we are on to validate this gold-standard technology for clinical diagnosis and application at microba.com.

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