



INSTRUCTION GUIDE

# Microbiome Explorer<sup>™</sup>

**Extended**

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  
Service team at **1300 974 621**.



## Before you start please consider

### DO

- Collect and label your samples **ONLY ON MONDAY OR TUESDAY** and return them before 1pm\* on the same day.
- Maintain your regular diet and lifestyle for at least two weeks before taking a sample.
- Collect a sample from a typical bowel movement.

\*Australia Post office express post packages cut-off time

### 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.



# 48 hour Preparation

## When receiving kit



- Ensure the kit is addressed to you. Your sample is identified by the QR code on the swab base, the top of the pot, and your completed 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.



## 24 hour Preparation

### One day before taking your sample

- Freeze your ice pack for sample return in the box.
- Be ready to take your sample from your first bowel movement of the day.
- Allow 30 minutes to complete the sampling process.

### Day of sample

- Collect and label samples **ONLY ON MONDAY OR TUESDAY** and return them before 1pm on the same day.
- 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**.



# 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 Checklist



3 Collection paper



4 Swab



5 Pot



6 Capped vial



7 Ice pack



Before starting your test, ensure the kit is addressed to you and contains all listed items. If anything is missing or damaged, contact Microba Customer Service at [hello@micorba.com](mailto:hello@micorba.com) or call 1300 974 621.



8 Collection stickers x 2



9 Pouch A



10 Pouch B



11 Kit box



12 Reply-paid envelope



13 Thermal pouch

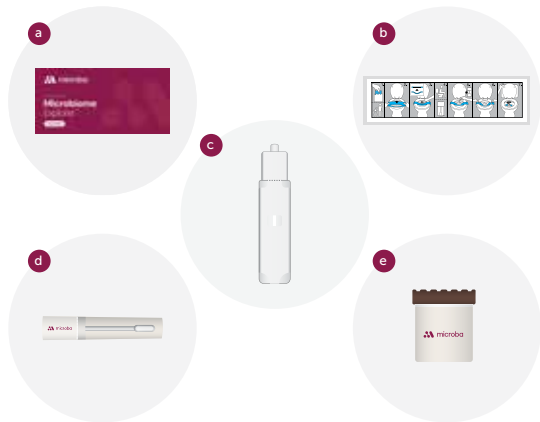


## STEP 1

### Prepare kit items to take your sample

When you are ready to collect a sample, take the collection kit to the toilet. You will need:

- a. Instruction booklet
- b. Collection paper
- c. Capped vial
- d. Swab
- e. Pot



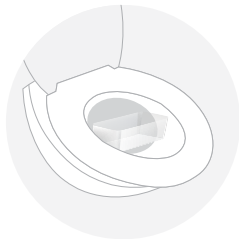
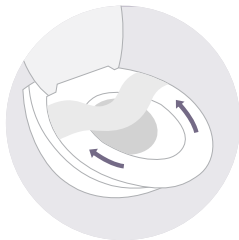


## STEP 2

### Prepare a collection paper on the toilet

Open and unfold the collection paper provided and slip it over the toilet seat.

Alternatively, you may line a clean disposable container with the collection tissue and place the container into the toilet bowl after urination. This collection method is recommended if you have loose bowel movements.



### STEP 3

## Provide faecal sample onto the collection paper

Ensure your faecal sample remains uncontaminated from urine, toilet water and other contaminants. You may need to urinate before opening the collection paper accessory and starting the faecal collection process.

In case you have a problem with your first collection attempt, use a disposable container lined with toilet paper.



#### STEP 4

## Take note of your stool consistency

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



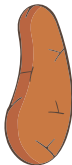
Type 1

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

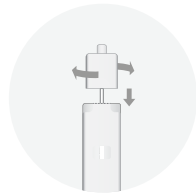
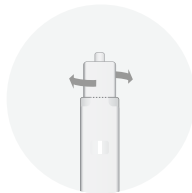
Watery, no solid pieces; entirely liquid



## STEP 5

### Capped vial instructions

Twist the cap to open the sample bottle. Scrape the stick along the stool until the grooves are covered. You only need a small amount for the test. Please do not add extra. Place the stick back in the bottle and twist until secure. **Do not reopen the bottle after sealing it.**

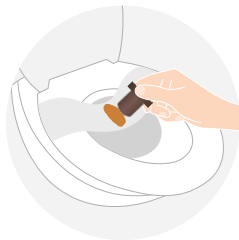


## STEP 6

### Collect your pot sample

Open the pot and use the scoop inside the pot lid to collect the faecal material. Collect material from three to five different sections of the sample to fill the pot with at least 1 tablespoon of sample. Make sure you don't fill the pot over halfway.

If blood or mucus is present in your stool, please avoid collecting from those areas.



## STEP 7

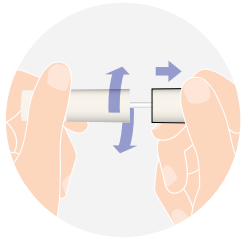
### Collect your swab sample

Open the swab 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.

Take a small amount of the stool from the pot using the swab. Only a small smear is needed with no lumps captured on the swab.

Immediately place the swab back in the tube without touching any other surfaces. Firmly close the tube until you hear it click.

Tear the edges of the collection tissue and drop into the toilet to flush.





Lightly touch the end of the swab to pick up a small smear – only a small discolouration is needed.

Avoid providing too much or too little sample on the swab, or our lab may not be able to process your sample.



Too much  
sample



Too little  
sample



## STEP 8

### Label your samples

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.

We will not be able to process your samples without this information.

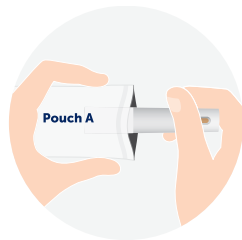




### STEP 9

## Place the swab in pouch A

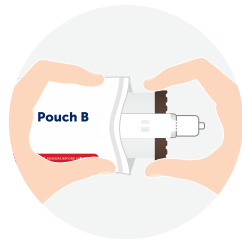
Place the swab in pouch A provided and press the pouch to seal. Do not place this swab in the fridge.



### STEP 10

## Place the pot and the capped vial in pouch B

Place the pot and the capped vial in pouch B provided. Do not discard the absorbent paper. Insert and press the pouch closed to seal.

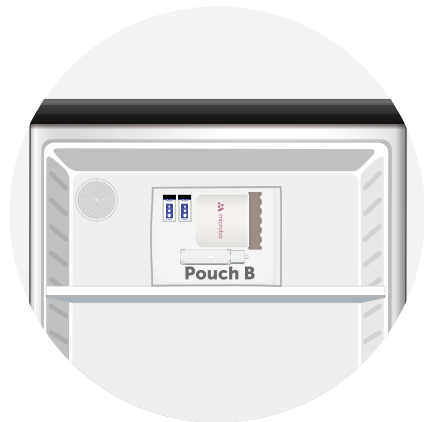


## STEP 11

### Refrigerate pouch B for a minimum of 30 minutes

Place only pouch B in the fridge for a minimum of 30 minutes or until ready to post that same day. Keep the ice pack in the freezer so it's ready to go when you send your sample.

Do not place pouch A in the fridge at any time.

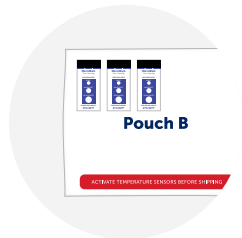
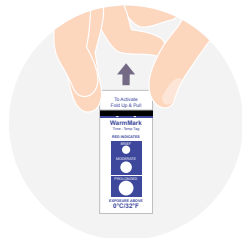


## STEP 12

### Remove pouch B from the fridge and activate all temperatures sensors

Remove pouch B from the fridge when ready to post, ensuring the sample has been refrigerated for at least 30 minutes.

Activate the temperature sensors attached to the pouch in a room that is 30°C or below. To activate, fold up and pull the indicator activation tab until the tab and barrier film has been removed.



## STEP 13

### Pack the samples for return

Pack pouch B and ice pack into the thermal pouch, then place the thermal pouch inside the kit box (with the insert removed). Do not include pouch A in the kit box.

Place pouch A directly into the reply-paid envelope. Add the kit box (containing the thermal pouch with pouch B and ice pack) separately into the reply-paid envelope.



## STEP 14

### Post over the counter at Australia Post

Return to our laboratory by taking to your nearest Australia Post Office and returning over the counter.



# 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, though it's preferred to wait until bleeding resolves. Visible blood may result in a positive faecal occult blood reading. Confirm with your practitioner to ensure proper interpretation.



### **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](http://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](https://microba.com).

**REF** MEK-002