microba

INSTRUCTION GUIDE

# Microbiome Explorer™

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.

For questions or further information on what happens next, visit our support page or call us on **1300 974 621.**

# What to know two weeks ahead of taking your sample

**When to collect and return your sample**
Only collect your sample on a Sunday, Monday, or Tuesday. Return it to your local post office before 1pm on the same day.*

**Continue your usual routine**
Keep your regular exercise, diet, and medications unless instructed differently by your healthcare provider.

**What kind of sample to provide**
Take the sample from a normal bowel movement that reflects how things usually are for you.

**If you menstruate**
Avoid collecting your sample during your period or within three days afterward.

**If you're on medication**
Please note that antibiotics, antimicrobials and other medications can impact test results. Please refer to our FAQs at the back of this booklet for more information, or consult your healthcare provider.

*If you collect your sample on a **Sunday**, keep it in the fridge overnight and post it first thing on **Monday morning**.

# 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.

## 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

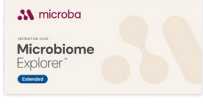
- Freeze your ice pack for sample return in the box.
- Be ready to take your sample from your first bowel movement of the day.
- Allow 30 minutes to complete the sampling process.

## Day of sample

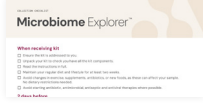
- Collect your sample on a **Sunday, Monday, or Tuesday**. Drop it off before 1 pm the same day, or on Monday morning if you collect it on Sunday.
- For women, avoid collecting during or three days after menstruation.
- Ensure you have read and understood all instructions. If you need help, call Customer 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



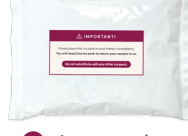

2 Checklist


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 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:

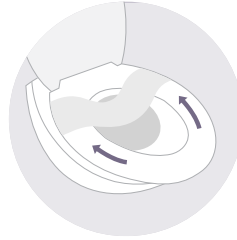
a. Instruction booklet
b. Collection paper
c. Capped vial
d. Swab
e. Pot

**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

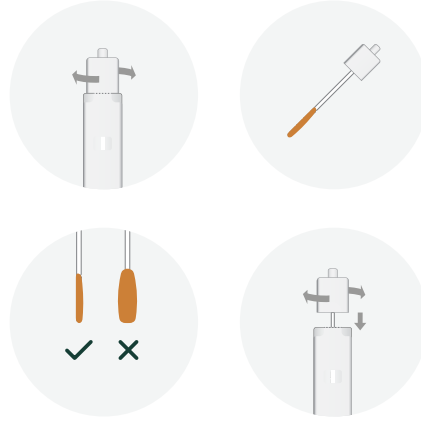
Ensure your faecal sample remains uncontaminated from urine, toilet water and other contaminants. You may need to urinate before opening the collection paper accessory and starting the faecal collection process.

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

STEP 4

## 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 5

## Collect your pot sample

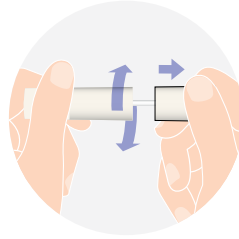
Open the pot and use the scoop inside the pot lid to collect the faecal material. Collect material from three to five different sections of the sample to fill the pot with at least 1 tablespoon of sample. Make sure you don't fill the pot over halfway.

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

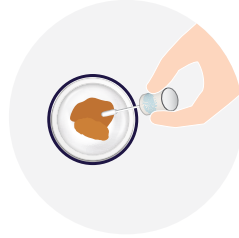
STEP 6

## 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.

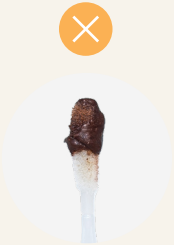


Immediately place the swab back in the tube without touching any other surfaces. Firmly close the tube until you hear it click.

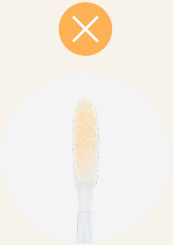
Tear the edges of the collection tissue and drop into the toilet to flush.


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 7

## Label your samples

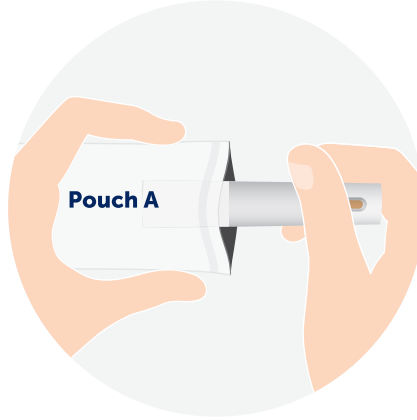
Use the collection stickers provided to label the swab and the pot with name, date of birth, time (AM or PM), date of collection and stool type.

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

STEP 8

## Place the swab in pouch A

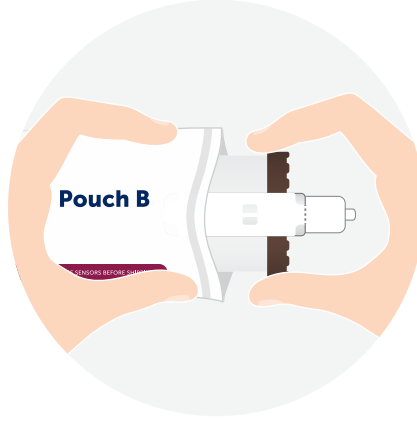
Place the swab in pouch A provided and press the pouch to seal.
Do not place this swab in the fridge.



STEP 9

## 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 10

## 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.

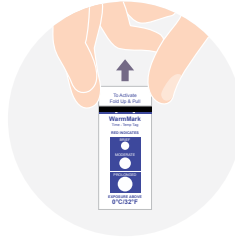
Do not place pouch A in the fridge at any time.

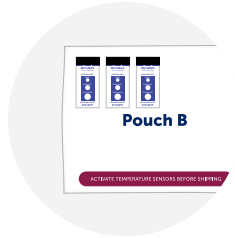
STEP 11

## 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 12

## 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 13**

## 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 or contact the Microba Customer Service team on 1300 974 621 for more information.

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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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