



INSTRUCTION GUIDE

Microbiome Explorer™

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.





Fold down corners to
keep track of progress

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Scan here for video instructions

If you'd prefer to watch a video of the instructions, scan here.

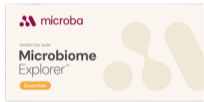


If you have questions, you can visit our support page or call us on **1300 974 621**.

STEP 1

Your Microbiome Explorer Kit

Before you begin, take a moment to ensure you have all the components and that the kit is addressed to you.



1 Instruction booklet



2 Collection sticker



3 Gloves



4 Swab



5 Pouch A



6 Pre-paid envelope

STEP 2

How to prepare to take your sample

Always consult your healthcare professional before making any changes to your medications.

Maintain your usual routine

Avoid starting new diets, supplements, or medications.

Avoid sampling after using these medications

Antibiotics, antimicrobials, and some other medications can affect test results. Avoid sampling for 4 weeks after using these medications.



STEP 3

What to do on the day you take your sample

Allow 15 minutes

When you are ready to take your sample, allow 15 minutes to complete the process. If you need any help, please feel free to call our friendly Customer Services team.

Return when convenient

Your test will need to be returned at the Post Office within 7 days of taking your sample.

Sample your first bowel movement

We recommend taking your sample from your first bowel movement of the day.

Now you can start your sample collection!

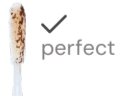
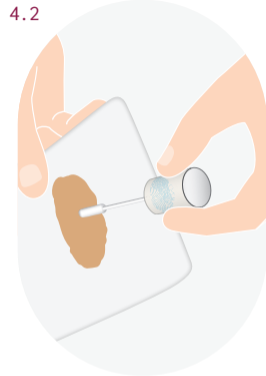
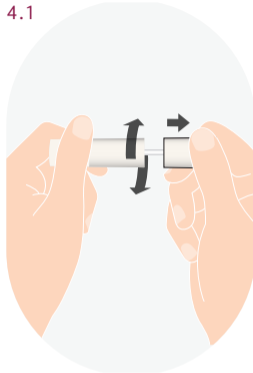
STEP 4

Collect your swab sample

Open swab by twisting and pulling with a firm grip (4.1).

Wipe as usual after your bowel movement. Take a small amount of the stool from the toilet paper (4.2).

Place the swab back in the tube without touching anything else e.g. urine, toilet water, or dirty surfaces. Firmly close the tube until you hear it click.



STEP 5

Clean up

You've completed taking your sample! Next, you'll need to package up your test and send it back to us to get your results.

If the swab has been contaminated e.g. with urine, toilet water, or dirty surfaces, call our friendly Customer Services team who are here to support.



STEP 6

Label your sample

Use the collection sticker provided to label the swab with your full legal name, date of birth, time (AM or PM), and date of collection.



STEP 7

Place the collection swab in the pouch provided

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



STEP 8

Send your sample

You will need to return your test within 7 days of collection.

Place Pouch A inside the pre-paid envelope and seal it securely. Return your sample to the nearest Post Office.

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



You're done!

Results are on the way

Your sample will be safely delivered to our accredited laboratory for analysis. Then in 2-4 weeks, the report will be released to your referring practitioner. They will guide you through the results and share the report with you.



Frequently Asked Questions

Should I discontinue probiotics or supplements before sampling?

It's best to stay on your normal probiotics and supplement regime for two weeks before taking your sample, unless your practitioner has advised differently. Avoid changing prescribed medicines without checking with your healthcare professional first.

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

These products can disturb the microbes in your gut. For the most reliable results, we recommend waiting at least four weeks after you finish them before taking your sample.

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

For a sample that reflects your usual gut microbiome, keep to your normal eating and lifestyle habits for at least two weeks before taking your sample. Your gut microbes stay fairly steady unless something major changes, so consistency helps with your test result accuracy.

If I'm on my period will it affect my results?

Your period won't necessarily affect the results of the test, but blood in your stool sample should try to be avoided. When collecting your sample, avoid any areas where blood is visible.



For answers on more Frequently Asked Questions visit our website www.microba.com or contact our friendly 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 Microbiome Explorer range is only available for purchase through a healthcare professional. The polymerase chain reaction (PCR), enzyme-linked immunosorbent assays (ELISA), and faecal immunochemical (FIT) based assays used in Microbiome Explorer Extended and Comprehensive products are diagnostic and are intended for clinical use. The faeces pH assay used in Microbiome Explorer Extended and Comprehensive products is for research use only and not to be used as a basis for diagnosis. The metagenomic assays used in Microbiome Explorer Essentials, Extended and Comprehensive products are intended 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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