



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.

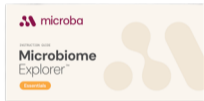


If you have questions, you can visit our support page or call us on **+44 808 501 2748**.

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



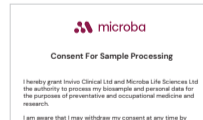
4 Swab



5 Pouch A



6 Pre-paid envelope



7 Patient consent form



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.

Avoid alcohol and NSAIDs

Alcohol or pain management like ibuprofen or aspirin can affect your results. Avoid taking these 2 days before testing.



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 over the counter at the Post Office within 7 days of taking your sample.

Sample your first bowel movement

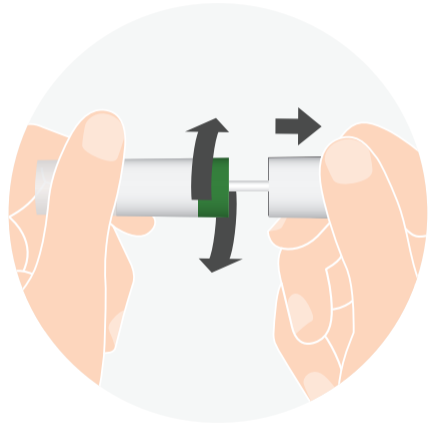
We recommend taking your sample from your first bowel movement of the day.

Now you can start your sample collection!

STEP 4

Open the tube

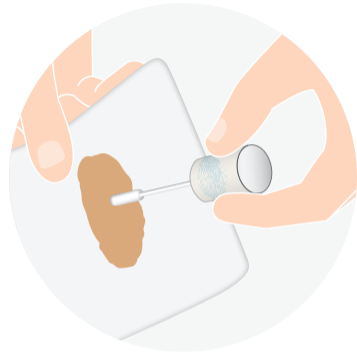
Open the swab tube by twisting and pulling with a firm grip.



STEP 5

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.



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.



✗ too much



✗ too little



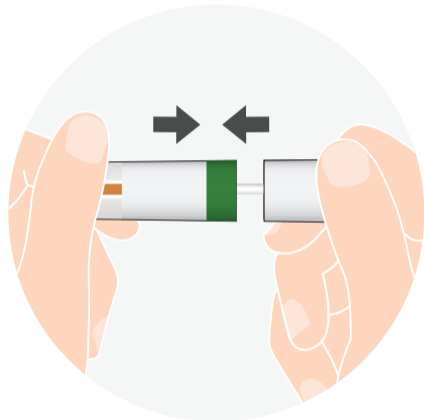
✓ perfect



STEP 6

Close your swab sample

Place the swab in the tube and click to close. The swab should be placed back in the tube. Firmly close the tube until you hear it click and set aside.



STEP 7

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.



STEP 8

Label your sample and complete Patient Consent Form

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 (8.1).

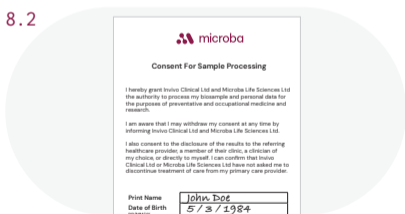
To ensure we can process your sample, please complete the Patient Consent Form and return it along with your labelled sample (8.2)

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

8.1



8.2



STEP 9

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.

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 be avoided. When collecting your sample, avoid any areas where blood is visible.

Can I provide a sample if I have been taking pain medication (NSAIDs)?

It is preferable to take your sample after a few days without pain medication (NSAIDs). You can still send a sample if you have used them, but it can affect some markers we measure in your sample. Let your practitioner know so they can factor this into the test result interpretation.

For answers on more Frequently Asked Questions visit our website www.microba.com or contact our friendly Customer Service team on **+44 808 501 2748** for more information.



Symbol Glossary



In vitro diagnostic
medical device



Authorized representative
in the United Kingdom



Batch Code



Catalogue number



Consult instructions for use



Manufacturer



Do not re-use



Storage conditions



Keep dry



Keep away from sunlight



STORAGE CONDITIONS

The collection kit must be stored in its original package at a temperature between 5°C and 30 °C until the time of use.

If incorrectly stored, its effectiveness will be compromised.

LIMITATIONS

Microbiome Explorer Sample Collection Kit is not intended for users under 18 years of age.

INTENDED USE

The Microba Microbiome Explorer Specimen Collection Kit is intended for lay adult users to self-collect a stool specimen at home. The kit is a single use in vitro diagnostic (IVD) designed to provide containment, packaging and method of transport for the specimen to a designated laboratory where analysis is performed.

WARNINGS AND PRECAUTIONS:

1. For in vitro diagnostic use.
2. Do not sample faeces from the toilet, faeces mixed with urine, menstrual blood or water.
3. Caution is recommended in using antacids, barium, bismuth, anti-diarrheal medication, antibiotics, histamine, nonsteroidal anti-inflammatory drug or laxatives prior to collection of the specimen.
4. Do not leave the device unattended.
5. Not suitable for rectal sampling.
6. Do not use after the expiry date printed on the swab.
7. This product is for single use only. Reuse may cause inaccurate results.
8. Not suitable for any other application than intended use.





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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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