



INSTRUCTION GUIDE

# Microbiome Explorer™

Comprehensive



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**.

🕒 ABOUT 1 WEEK AHEAD

## Before taking your sample

A quick overview of steps to take before collecting your sample..

Step 1: Ensure your Microbiome Explorer test kit is complete

Step 2: Prepare to take your sample

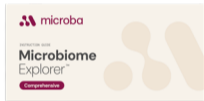
Step 3: Take your sample



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 paper



3 Collection stickers x 2



4 Gloves



5 Device 1



6 Device 2



7 Device 3



If anything is missing or damaged, please contact our friendly Customer Service at [hello@microba.com](mailto:hello@microba.com) or call 1300 974 621.



8 Ice pack



9 Pouch A



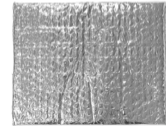
10 Pouch B



11 Kit box



12 Pre-paid envelope



13 Thermal pouch



## 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.

### **Make sure your ice pack is fully frozen**

This can take up to 48 hours.

### **Plan when to collect your sample**

Check for the allowed collection days. Please avoid public holidays when postal services are shut.



### STEP 3

## What to do on the day you take your sample

### Allow 30 minutes

When you are ready to take your sample, allow 30 minutes to complete the process. If you need any help, please feel free to call our friendly Customer Services team.

### Days for collection

Collect your sample on a **Sunday – Tuesday**. Drop it off at the Post Office ideally before 1pm the same day, or on Monday morning if you collect it on Sunday.

### 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!



🕒 ABOUT 30 MINUTES

## Taking your sample

Steps on how to get the best results out of your test.

Step 4: Prepare items to take your sample

Step 5: Prepare the collection paper

Step 6: Provide your stool sample

Step 7: Use Device 1

Step 8: Use Device 2

Step 9: Use Device 3

Step 10: Clean up



## STEP 4

# Prepare items to take your sample

When you are ready to collect your sample, take the collection kit to the bathroom with you.

You will need:

- Instruction booklet
- Collection paper
- Gloves
- Device 1
- Device 2
- Device 3



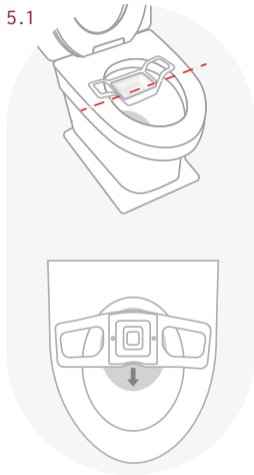
## STEP 5

### Prepare the collection paper

Peel the double-sided tape on the back of the collection paper and fasten to the back of the toilet bowl (5.1).

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

5.1



OPTIONAL

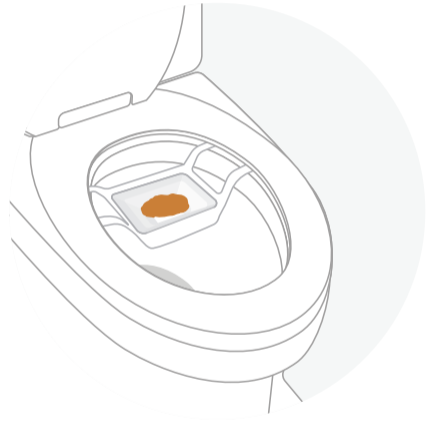


## STEP 6

### Provide your stool sample

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

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



STEP 7

## Use Device 1 to collect your capped-vial sample

Open and scrape the stick along the stool until the grooves are covered. Only provide a small amount, as pictured (7.3). Place the stick back in the bottle and twist until secure.

**Do not reopen after sealing.**



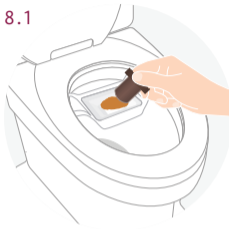
STEP 8

## Use Device 2 to collect your pot sample

Open Device 2 and use the scoop inside the pot lid to collect the stool material. Collect material from three to five different sections of the sample to fill the pot with at least 1 teaspoon.

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

8.1



8.2

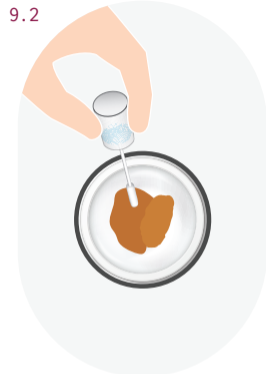
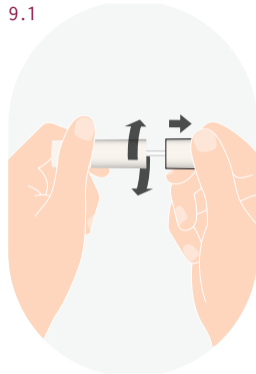


STEP 9

## Use Device 3 to collect your swab sample

Open Device 3 by twisting and pulling with a firm grip (9.1). Take a small amount of the stool from Device 2 – the pot – using Device 3 – the swab (9.2)

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.



× too much



× too little



✓ perfect



## STEP 10

### Clean up

You've completed taking your sample! Peel the edges of the collection paper off the toilet seat and drop it into the toilet to flush. 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.



🕒 ABOUT 1 HOUR

## After taking your sample

How to send your sample back to our lab.

Step 11: Label your sample

Step 12: Assemble and pack Pouch A

Step 13: Assemble Pouch B

Step 14: Refrigerate Pouch B for 30 mins

Step 15: Activate and pack Pouch B

Step 17: Seal your sample and send



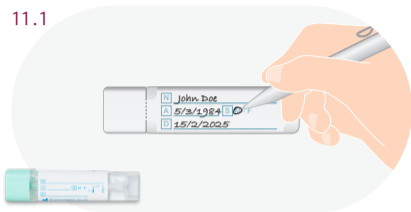
## STEP 11

### Label your sample

Directly on Device 1, write your full legal name, date of birth, and date of collection using black or blue pen (11.1).

Use the two collection stickers provided to label Device 2 and Device 3 with your full legal name, date of birth, time (AM or PM), and date of collection (11.2).

11.1



11.2



STEP 12

## Assemble and pack Pouch A

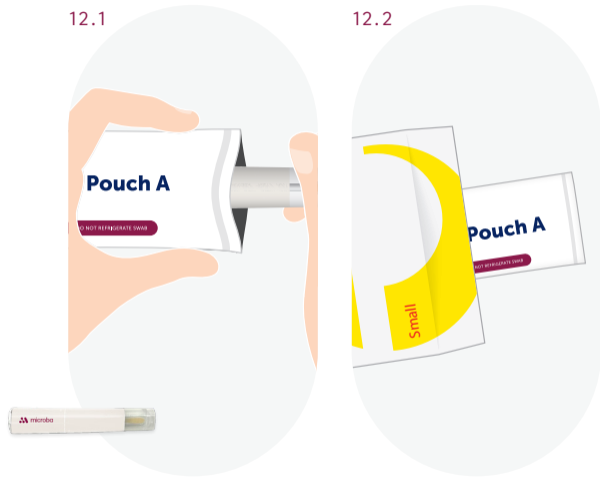
Place Device 3 in Pouch A.

Press the pouch closed and seal the pouch (12.1).

Do not discard the absorbent paper.

Do not place pouch in the fridge.

When you are ready to post, place Pouch A directly into the pre-paid envelope (12.2).

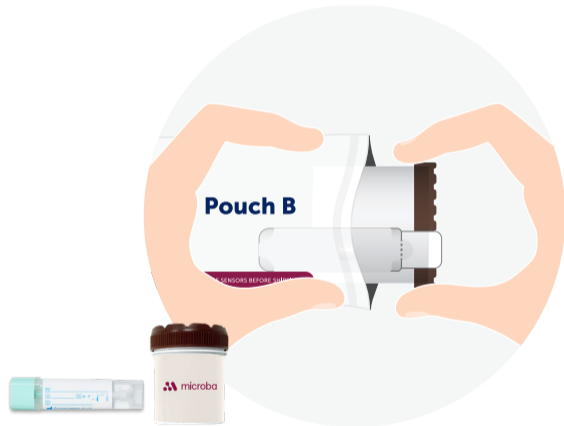


STEP 13

## Assemble Pouch B

Place Device 1 and Device 2 in Pouch B.

Press the pouch closed and seal the pouch.  
Do not discard the absorbent paper.



STEP 14

## Refrigerate Pouch B for 30 mins

Place only Pouch B in the fridge for a minimum of 30 minutes or until ready to post that same day.

Keep the provided ice pack in the freezer so it's ready to go when you send your sample.

Keep the pouch away from food, and out of reach of children and pets.



## STEP 15

### Activate and pack Pouch B

Take Pouch B out of the fridge, then activate the temperature sensors attached to the pouch.

To activate, fold up and pull the indicator activation tab (14.1).

Then put Pouch B and the ice pack into the thermal pouch (14.2).

15.1



15.2



STEP 16

## Seal your sample and send

Take the thermal pouch that contains Pouch B, and place that into the kit box with the insert removed (16.1).

Place the kit box inside the pre-paid envelope and seal. Return your sample to the nearest Post Office as soon as possible today, or early on Monday morning if taking your sample on a Sunday (16.2).



# 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.

### **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.

### **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.



### Can I provide a liquid stool sample?

Try to collect a stool sample from a bowel movement that is typical for you. Liquid stool samples can be submitted but may affect the accuracy of your results – this will be noted on your report.

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

**REF** MEK-003