



microba

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 **+44 808 501 2748**.

🕒 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



8 Patient consent form



If anything is missing or damaged, please contact our friendly Customer Service at hello.uk@microba.com or call +44 808 501 2748.



9 Ice pack



10 Pouch A



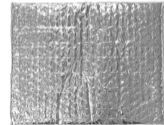
11 Pouch B



12 Kit box



13 Pre-paid envelope



14 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 – Wednesday**. 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



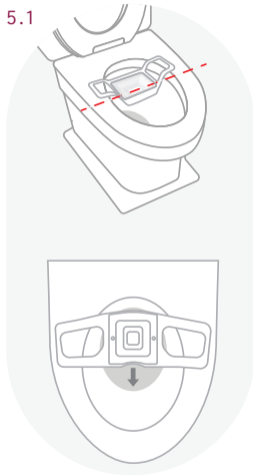
STEP 5

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

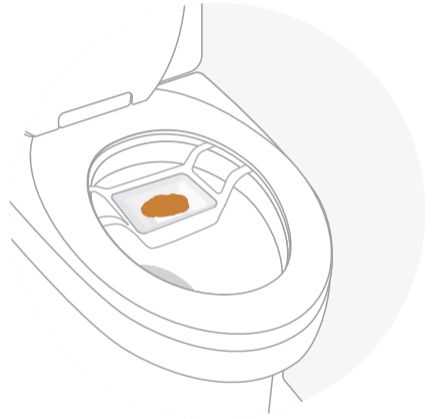


STEP 6

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.

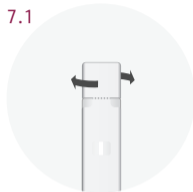
If you have a problem with your first collection attempt, use a disposable container lined with toilet paper.



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.**



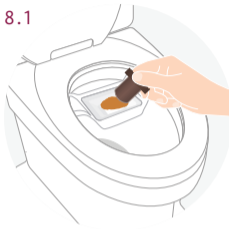
STEP 8

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

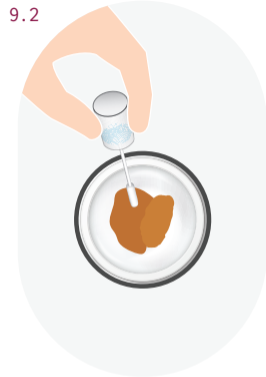
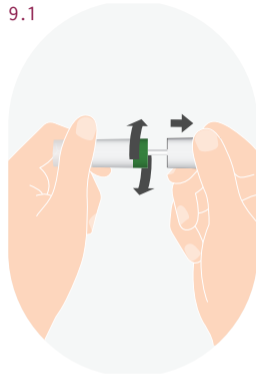


STEP 9

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.



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: Complete Patient Consent Form

Step 13: Assemble Pouch A

Step 14: Assemble Pouch B

Step 15: Refrigerate pouches for 30 mins

Step 16: Pack Pouch A

Step 17: Activate and pack Pouch B

Step 18: Seal your sample and send



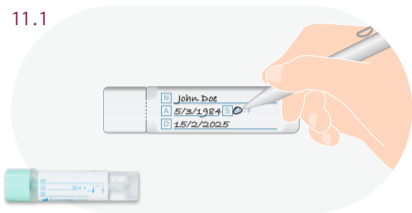
STEP 11

Label your sample

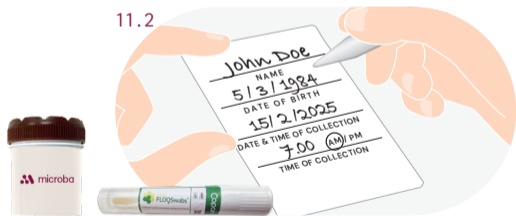
Directly on Device 1, write your full legal name, date of birth, and date of collection using black or blue pen (11.1).

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

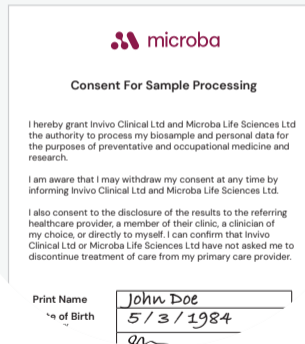


STEP 12

Complete Patient Consent Form

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

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



The image shows a patient consent form for sample processing. At the top, there is the Microba logo, which consists of three red dots of varying sizes arranged in a triangular pattern, followed by the word "microba" in a lowercase, sans-serif font. Below the logo, the title "Consent For Sample Processing" is centered. The form contains three paragraphs of text. The first paragraph states that the patient grants In Vivo Clinical Ltd and Microba Life Sciences Ltd the authority to process their biosample and personal data for preventative and occupational medicine and research. The second paragraph states that the patient is aware they can withdraw their consent at any time by informing In Vivo Clinical Ltd and Microba Life Sciences Ltd. The third paragraph states that the patient consents to the disclosure of results to their referring healthcare provider, a member of their clinic, a clinician of their choice, or directly to themselves, and confirms that In Vivo Clinical Ltd or Microba Life Sciences Ltd have not asked them to discontinue treatment from their primary care provider. At the bottom of the form, there are three fields: "Print Name" with the handwritten name "John Doe", "Date of Birth" with the handwritten date "5/3/1984", and a signature field with a handwritten signature.

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Consent For Sample Processing

I hereby grant In Vivo Clinical Ltd and Microba Life Sciences Ltd the authority to process my biosample and personal data for the purposes of preventative and occupational medicine and research.

I am aware that I may withdraw my consent at any time by informing In Vivo Clinical Ltd and Microba Life Sciences Ltd.

I also consent to the disclosure of the results to the referring healthcare provider, a member of their clinic, a clinician of my choice, or directly to myself. I can confirm that In Vivo Clinical Ltd or Microba Life Sciences Ltd have not asked me to discontinue treatment of care from my primary care provider.

Print Name John Doe

Date of Birth 5/3/1984

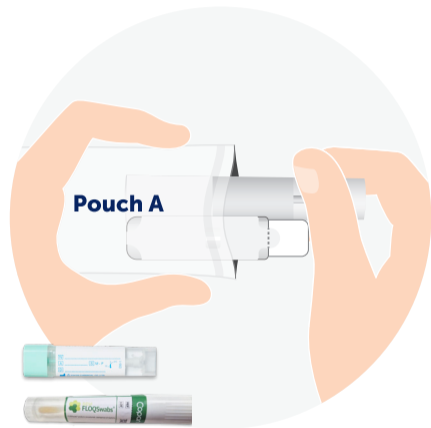
[Signature]

STEP 13

Assemble Pouch A

Place Device 1 and Device 3 in Pouch A.

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



STEP 14

Assemble Pouch B

Place Device 2 in Pouch B.

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



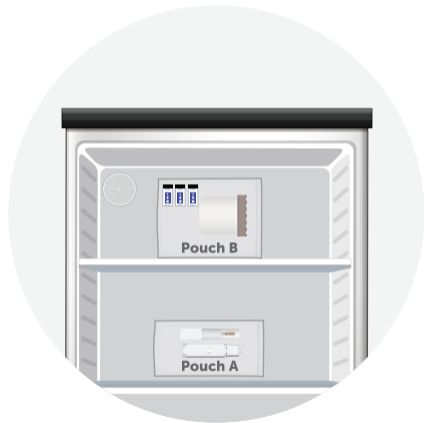
STEP 15

Refrigerate pouches for 30 mins

Place Pouch A and 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 pouches away from food, and out of reach of children and pets.



STEP 16

Pack Pouch A

When you are ready to post, take the provided ice pack out of the freezer and place it into the thermal pouch.

Take Pouch A out of the fridge and place it into the thermal pouch with the ice pack.



STEP 17

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 into the thermal pouch with Pouch A and the ice pack (14.2).

14.1



14.2

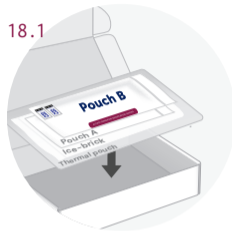


STEP 18

Seal your sample and send

Take the thermal pouch that contains your samples, and place that into the kit box with the insert removed (18.1).

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 (18.2).



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 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 either Device 1 or 3.
7. This product is for single use only. Reuse may cause inaccurate results.
8. Not suitable for any other application than intended use.





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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