

Know My Gut

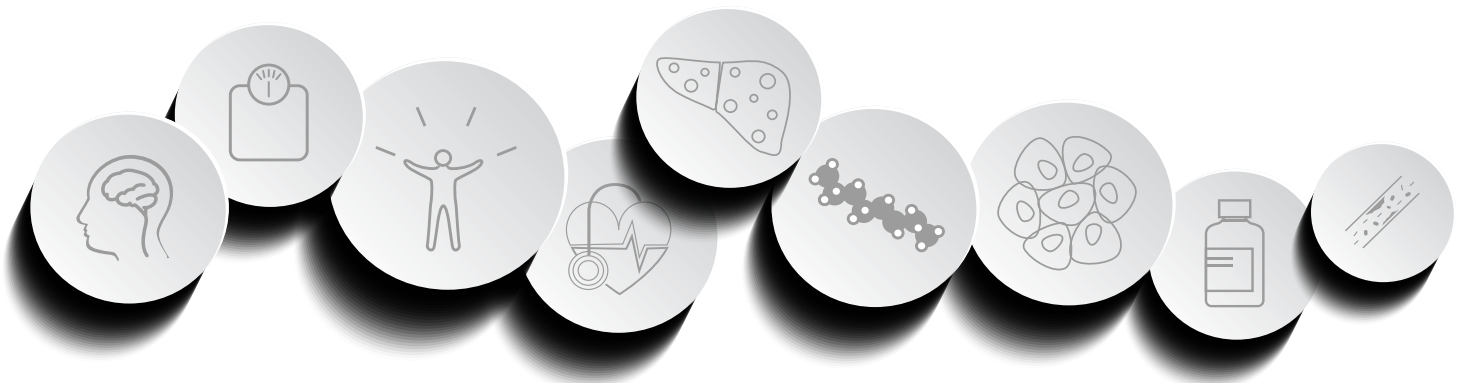
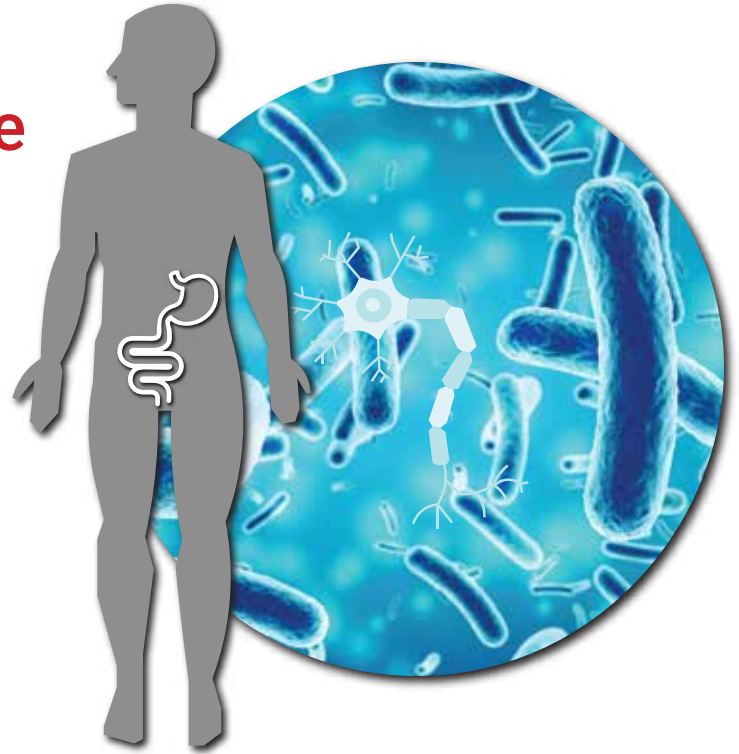
Empowering the second brain

How to use guide

Getting prepared to take your stool sample

How to take your stool samples

Activating & posting your sample



Save time



Accurate results



Confidential



Trusted

For more help email us helpme@customer-care.expert
www.knowmygut.com

Step 1 - Getting prepared to take your gut sample

What is in your Gut delivery and laying out everything you need before you start



1 x Buccal Swab (RapiDri Pouch - Isohelix Swabs)



1 x Buccal Swab



1 x Barcode Label



1 x collection tube
(StoolFix tubes pre-filled with
1ml Lysis & Stabilisation Buffer)



1 x ISOHELIX TRANSPORT PACKS
(95kPa Sample Protective Bag)



1 x Return Enevelope

1 x Small DHN Giffy Bag

Step 2 - How to create stool sample to fill the collection tubes

USER INSTRUCTIONS

Read all instructions prior to collection

Summary and explanation of the kit:

KnowMyGUT provides the materials and instructions for collecting and stabilizing microbial DNA from fecal samples.

Procedure:

2A

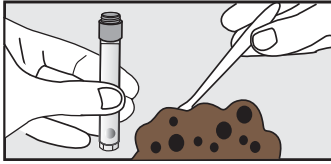


IMPORTANT PREPARATIONS:

- Empty your bladder before beginning the collection.
- Collect fecal sample free of urine or toilet water.
- Utilize any toilet accessory which may be supplied .
- Toilet paper or tissues may be required.

Step 2 - How to create stool sample to fill the collection tubes

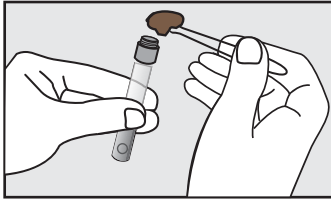
2B



Use the buccal swab to collect of fecal sample.



2C

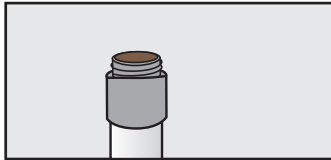


Transfer the fecal sample into the top portion of the tube top. Repeat until the sample fills the tube top.

IMPORTANT:

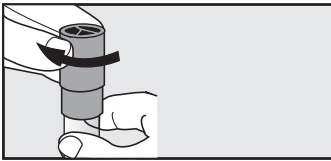
Using both sides of the swab, brush surface of the stool sample until there is good coverage collected onto the swab. Take care not to overload the swab with sample, approximately 50-100mg is recommended. th sides of the swab, brush surface of the stool sample until there is good coverage collected onto the swab. Take care not to overload the swab with sample, approximately 50-100mg is recommended.

2D



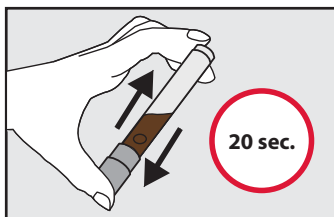
Place the small groove set in the swab stick against the rim of the tube, then snap the swab stick at the break point by bending to one side. Let the swab head fall into the buffer tube.

2E



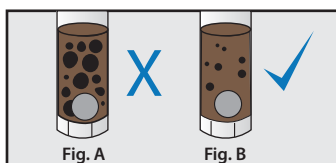
Replace the tube screw cap, tightening to ensure the tube is securely sealed.

2F



Shake tube **vigorously for 20 seconds** to mix. The sample is now stabilised in the solution and ready for downstream purification.

2G

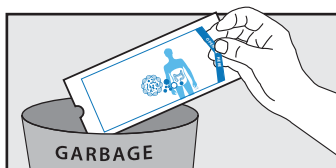


The fecal sample will be mixed with the stabilizing liquid in the tube; not all particles will dissolve.

IMPORTANT:

Continue shaking if large particles remain as shown in Figure A.

2H



Place spatula in original packaging or wrap in toilet paper and discard in garbage.

IMPORTANT:

Send the sample for processing following the delivery instructions supplied separately by the kit provider.

Step 3 - Sending us your stool sample

3A - Label your gut sample

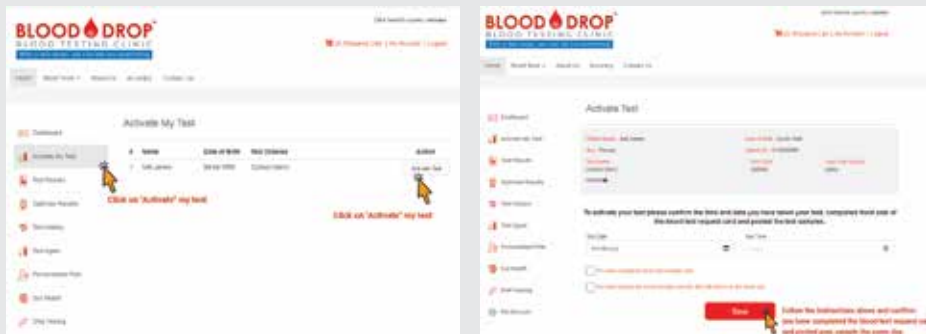


3B - Enclose barcode label



- Scan in front part of the barcode label

3C - Log into your account to activate & track your gut test results



IMPORTANT: IF YOU DO NOT ACTIVATE YOUR TEST ONLINE VIA YOUR ACCOUNT AREA WE WILL NOT BE ABLE TO TRACK IT.

3D - Finally post your sample with the test request card



- Place your blood test sample and the blood test request card in the white padded envelope that your blood test kit came in.
- **IMPORTANT - PLEASE CHECK THE TUBES ARE LABELED CORRECTLY AND THE TEST CARD IS FILLED AND ENCLOSED.**
- Place the white padded envelope inside the blue delivery return envelope and post this the same day the sample is taken.