

Adult Stool Sample Instruction Sheet

Thank you for collecting a stool (poo) sample for the ORIGINS Project. Stool sample analysis is valuable to the ORIGINS Project as there is growing evidence to suggest that patterns of 'friendly bacteria' in our gut have a strong influence on our developing patterns of metabolism and immunity. We will examine how maternal bacteria influence the presence and types of bacteria in the infant's gut. If you have diarrhoea, please do not collect a stool sample.

STEPS FOR (AT HOME) STOOL SAMPLE COLLECTION

1. If collecting a stool sample whilst pregnant, your stool sample is to be collected no more than 7 days before your next ORIGINS appointment at Joondalup Health Campus.

OR

If collecting a stool sample post-birth, collect the stool sample as close to the collection timepoint as possible (e.g. when your baby is 2 months, 4 months, 6 months of age)

2. Check your stool sample kit contains:
 - 3 x labelled sterile collection pots
 - 2 x wooden sticks
 - 1 x FecesCatcher©
 - 1 x pair of gloves
 - 1 x esky (given at first ORIGINS appointment)
3. Urinate prior to collecting stool sample to prevent any urine being collected with the stool specimen. Wash hands thoroughly after urinating.
4. Very carefully peel apart the FecesCatcher© in the direction of the arrows and stick across the toilet bowl (see below image)



OR

If you would prefer, you may place a large, thoroughly cleaned, plastic container (such as a two litre ice-cream container) in the toilet bowl, as an alternative.

5. Empty your bowels into the FecesCatcher© or into the plastic container.
6. Put gloves on and remove the lids of the collection pots. Using the wooden stick, place stool into each of the pots. Please ensure each pot is at least half full.
7. Place lids on the pots and seal tightly to prevent leakage. Discard the remaining stool.
8. Write the date of collection on each of the tube.
9. Place collection pots in the biohazard bag and place immediately in the freezer. **The stool sample must be placed in the freezer within 15 minutes of collection.**
10. The stool sample is to be dropped off at your next ORIGINS appointment at Joondalup Hospital. Please place sample into a cooler bag with a cold pack or ice to keep the sample frozen whilst travelling to your appointment.