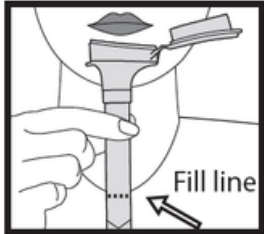


# Saliva Sample Collection Instructions

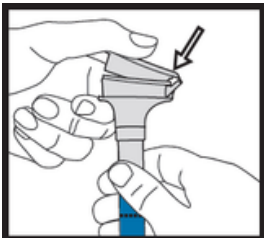


Please don't eat, drink, smoke or chew gum at-least 30 mins prior to sample collection. We will not be able to process a contaminated sample.



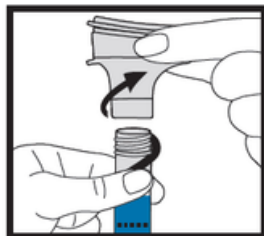
## STEP 1

Spit into the funnel until the amount of liquid saliva (not bubbles) reaches the fill line on the tube.



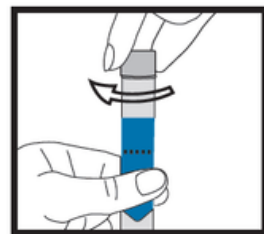
## STEP 2

Hold the tube upright, push the lid down firmly to puncture the foil. A liquid in the lid will be released into the tube to mix with the saliva. Make sure the lid is secured tightly.



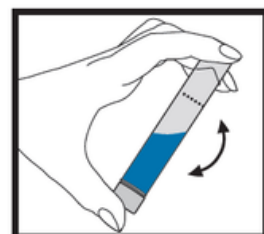
## STEP 3

Hold the tube upright and unscrew the funnel from the tube. You can discard or recycle the funnel.



## STEP 4

Use the small cap to close the tube tightly.



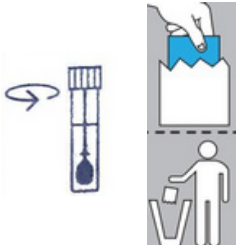
## STEP 5

Shake the closed tube for 5 seconds and place it back in the original kit.

# Stool Sample Collection Instructions

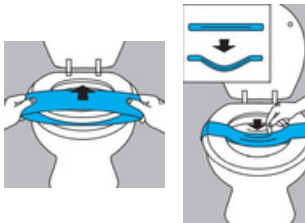


Do not take this test if you are currently on antibiotics.  
Please empty your bladder before collecting your stool sample.



## STEP 1

Unscrew the lid of the collection tube & set it aside in an upright position (do not discard the liquid within).  
Remove the paper loop from its cover for the next step.



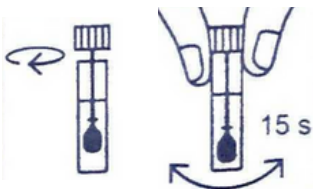
## STEP 2

Slip the paper loop securely over the toilet seat.



## STEP 3

Pass stool on the collection device. Use the spoon in the lid to collect a small amount (peanut sized) of fecal sample that is free of toilet water or urine.  
Transfer it into the collection tube containing liquid.



## STEP 4

Screw the lid back onto the tube and make sure it's secure. Shake the tube vigorously for at least 15 seconds to mix the sample with the stabilizer liquid.



## STEP 5

Tear away the paper mesh from either side, allow it to fall into the toilet and flush it. Wash & sanitise your hands thoroughly with soap.