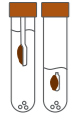
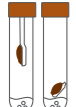

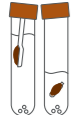


Stool Collection Examples

✓  Tube A & B: A good example of the amount of sample needed. The samples are submerged within the preservative, ready for vigorous shaking.

✗  Tube A & B: Although these are good amounts of sample, the preservative liquid has been poured away.

✗  Tube A: Too much has been placed in the sample collection tube.
Tube B: The swab has been coated too much.

✗  Tube A & B: Although these look to be correct samples, the tube lids have not been securely tightened or have been cross-threaded.

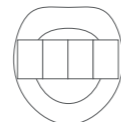
Checklist

- I have read all the instructions carefully.
- I have collected my sample first thing in the morning.
- I have looked at the stool collection examples and both bag A and B are complete.

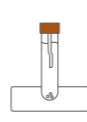
Inside your kit



Gloves



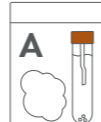
Feces Catcher



Tube Holder



Spatula



Bag A
(cotton wool & tube)

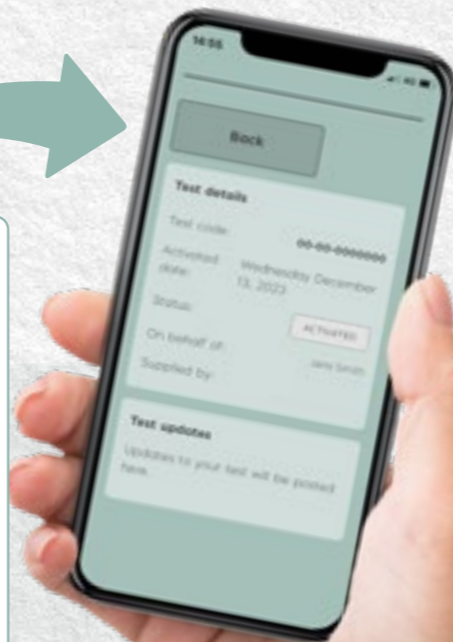


Bag B
(cotton wool, tube & swab)

What next?

Thank you for activating and sending back your test. You will receive an email to say when your kit has been received by the lab.

Keep an eye on the status of your sample on the portal, and you will be notified when your results are ready.



WAIT

Before you start, please read these instructions. They will help us give you accurate results.



Start your journey to optimal health

Preparation

- Collect your sample first thing in the morning.
- Put on the provided gloves.
- Attach the FecesCatcher firmly onto the toilet seat.
- Deposit stool sample – please avoid urinating on the FecesCatcher. If you are experiencing a heavy menstrual period, please wait until your cycle has either lightened or finished.



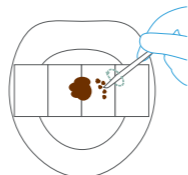
1

Bag A

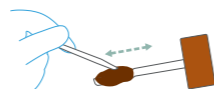
Remove the tube from bag A and carefully take the lid off. Place it in the provided holder. Please avoid spilling any liquid.



Using the spatula, gather five subsamples from different locations and depths. Mix them together on the side of the FecesCatcher.



Collect the mixed sample with the scoop and level with the spatula.



2

Bag A

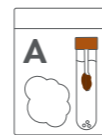
Carefully place the scooped sample inside the tube and tightly screw the lid closed, ensuring that it is not cross-threaded.



Vigorously shake the tube for 10 seconds to dissolve the sample in the solution.



Place tube A in the resealable bag along with the cotton pad.



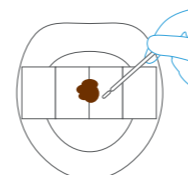
3

Bag B

Remove the tube from bag B and carefully take off the lid. Place it in the provided holder. Please avoid spilling any liquid.



Using the swab, fully submerge the swab head into the same stool sample. Repeat this process another four times at different depths and locations.



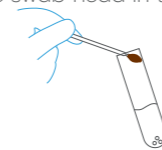
Make sure the swab head is fully coated.



4

Bag B

Insert the swab into the tube and snap it at the breakpoint, leaving the swab head in the tube.



Place the lid back on, careful not to cross-thread and vigorously shake the tube for 10 seconds.



Place tube B in the resealable bag along with the cotton pad.



When completed, remove the gloves and place them in a bin.

5

Activate

Activate your kit on the portal using the unique activation code on the tube at:

Portal.neovos.com

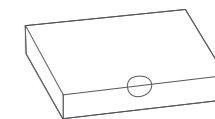


Important: We cannot process samples unless they have been activated.

6

Seal and Return

Place both bags into the return box and seal it using the sticker.



Drop the box at any Royal Mail post box. The return is pre-paid.