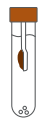
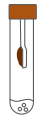


Stool Collection Examples



A good example of the amount of sample needed. The sample is submerged within the preservative, ready for vigorous shaking.



Although this is a good amount of sample, the preservative liquid has been poured away.



Too much sample has been placed in the sample collection tube.



Although these look to be a correct sample. The tube lid have not been securely tightened or have been cross-threaded.

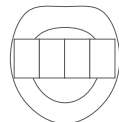
Checklist

- 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 provided.
- I have activated my test on the portal.

Inside your kit



Gloves



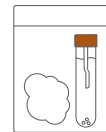
Feces Catcher



Tube Holder

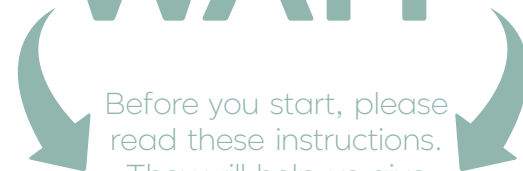


Spatula



Bag
(cotton wool & tube)

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.



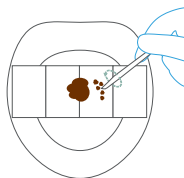
1

Collection

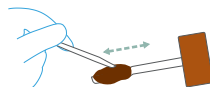
Remove the tube from the bag and carefully take the lid off. Place it in the provided holder. Please avoid spilling any liquid.



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

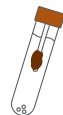


Collect the mixed sample with the scoop and level with the spatula.



2

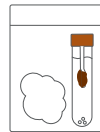
Carefully place the scooped sample inside the tube and tightly screw the lid closed, ensuring that it is not cross-threaded.



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



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



3

Activate

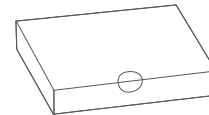
Activate your kit on the portal using the unique activation code on the tube at: [Portal.neovos.com](https://portal.neovos.com)



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

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.

What next?

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.

