

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 of the sample has been placed in the sample collection tube.



Although these look to be a correct sample, the tube lid has not been securely tightened or has been cross-threaded.

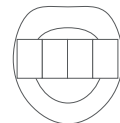
Checklist

- I have read all the instructions carefully.
- I have collected my sample from the first stool of the day.
- I have looked at the stool collection examples provided.
- I have activated my test on the portal.

Inside your kit



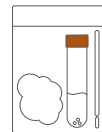
Gloves



Feces
Catcher



Tube
Holder



Bag
(cotton wool,
tube & swab)

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 first stool sample of the day.
- 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.



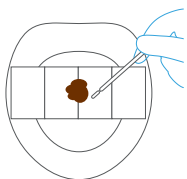
1

Collection

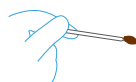
Remove the tube from the bag and carefully take off the lid. Place it in the provided holder. Please avoid spilling any liquid.



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

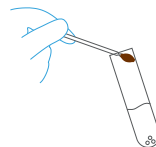


Make sure the swab head is fully coated.



2

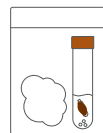
Insert the swab into the tube and snap it at the breakpoint, leaving the swab head in the tube.



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



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



3

Activate

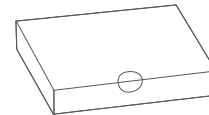
Activate your kit on the portal using the unique activation code on the tube at: [Portal.neovos.com](https://portal.neovos.com)



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

Seal and Return

Place the bag 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.

