

# Faecal (poo) sample collection instructions

By providing samples for the ABC Study, you are contributing to research into the connection between diet, lifestyle, the gut microbiome and the risk of developing cancer and other chronic diseases.

Please read ALL of the instructions before you begin collecting your poo sample. If you have any questions about the sample collection procedures, please email the

team on: [info@abcstudy.com.au](mailto:info@abcstudy.com.au)  
or call **1800 688 419** Monday-Friday  
9am-5pm EST.

**Note: It is important that you post the poo sample as soon as possible. Keep the sample cool and dry. Do not store the sample in the refrigerator. Ideally, collect the cards and the tube at the same time.**

## PLEASE CHECK THAT YOUR KIT CONTAINS:

- 1 pair of disposable GLOVES
- 2 poo sample collection CARDS
- 1 small TUBE with 2.5ml ethanol
- 2 APPLICATORS
- 2 disposable Toilet LINERS
- 1 foil ENVELOPE for the cards
- 1 small zip-lock BAG for the tube
- 1 reply-paid Jiffy ENVELOPE to return your sample

Check that the details on the collection tube and cards relate to you.

## RETURNING THE SAMPLE

1. Place the foil envelope containing the **SAMPLE CARDS** and the zip-lock bag containing the **TUBE** into the reply-paid Jiffy envelope.
2. Return the envelope to the study as soon as possible – ideally on the same day as sample collection (or the next day at the latest).
3. Log in to the ABC Study website at [www.abcstudy.com.au](http://www.abcstudy.com.au) to complete the associated 'Day of Sample' questionnaire.

**Thank you!**

## WARNINGS AND PRECAUTIONS

- The tube contains 2.5ml of ethanol: handle with care and keep out of reach of children. Keep away from heat sources, sparks and open flames. Keep tube tightly closed when not in use.



- Wash with water if liquid comes in contact with eyes or skin.
- Do NOT ingest.
- Small items may pose a choking hazard.



## PREPARING THE SAMPLE

**STEP 1:** If you need to urinate, please do so, and flush the toilet, before completing the other steps.



**STEP 2:** Put on the gloves and place the toilet liner over the water in the toilet bowl.

The writing on the toilet liner should be facing up.



**STEP 3:** Sit on the toilet and deposit your poo directly onto the toilet liner.

Sample should be free of urine and toilet water. If the sample becomes contaminated, do NOT

collect. Provide a new poo sample when possible.

There is a second toilet liner for this purpose. If both collection attempts are unsuccessful, try again using multiple layers of toilet paper resting on the toilet water.

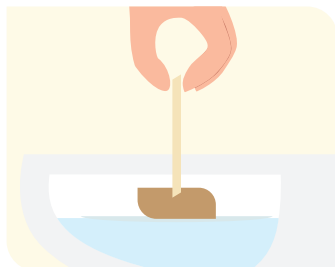
If your poo is liquid and this is unusual for you, wait until your next bowel movement to collect the sample. Ideally, collect the cards and the tube at the same time.

## HOW TO USE THE POO SAMPLE COLLECTION CARDS

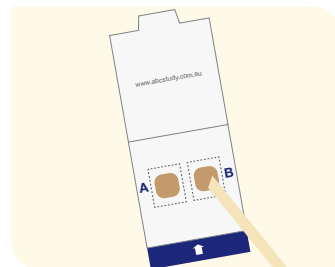


**STEP 1:** Using an ink pen, record the date and time on each of the collection cards.

**STEP 2:** OPEN the flap on one of the cards.



**STEP 3:** With the applicator, pick up a small (pea-sized) piece of poo directly from the toilet liner.



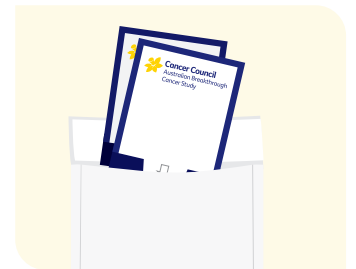
**STEP 4:** Gently spread a thin layer of poo over boxes A and B of the first collection card.

Only a thin layer is required. Do not over-apply.

**STEP 5:** Repeat steps 1-4 for the second card.

**STEP 6:** Let both cards air dry for 5-10 minutes.

**STEP 7:** Close the flaps. Do not put poo on the outside of the cards.



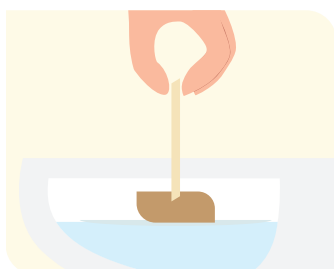
Place both cards in the foil envelope. Seal the envelope.

## HOW TO USE THE COLLECTION TUBE

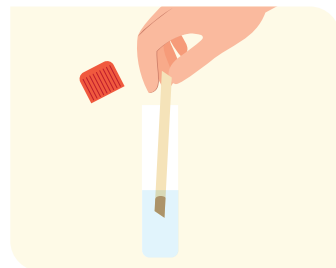
**STEP 1:** Using an ink pen, record the date and time on the zip-lock bag.

**STEP 2:** Open the lid of the tube, holding the tube upright to avoid spilling the liquid within.

Rest the tube on a flat surface, taking care not to spill the liquid within.



**STEP 3:** With the second applicator, pick up a small (pea-sized) piece of poo directly from the toilet liner.

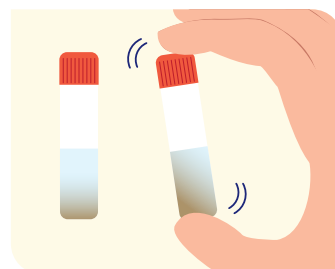


**STEP 4:** Insert the sample on the stick into the tube, holding the tube upright to avoid spilling the liquid within.

Try to get all of the sample in the tube, keeping the edges

of the tube clean. If the poo overflows, wipe the exterior of the tube with toilet paper or a tissue.

If the ethanol is spilled from the tube, please contact the ABC Study to ask for a new tube.



**STEP 5:** Close the lid tightly. Shake vigorously for about 10 seconds to mix the contents.

Seal the tube in the small zip-lock bag.

**STEP 6:** Flush the toilet liner and the remaining poo down the toilet.

Discard the applicator (do not flush it down the toilet). Remove the gloves and place them in your rubbish bin.

Wash your hands thoroughly with soap and water.

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