

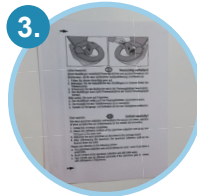
Your kit contains:



1 protective bag with absorbent pad



1 small sample tube & 1 big transport tube



1 stool collection unit



1 sample dispatch note



1 grey envelope

General information:

- ❗ **Collect and send the samples off on Mondays only!**
- ❗ Hand the sample to the parcel machine as soon as possible, but no later than within 24 hours.
- ❗ The sample can be stored in the refrigerator overnight. Do not freeze!
- ❗ Incorrectly taken samples cannot be analyzed. For a new delivery of the test kit, we will charge you for new material and shipping costs.
- ❗ **For gluten intolerance (transglutaminase) test only:** Do not go on a gluten-free or gluten-restricted diet 2 weeks before the sample collection.



Avoid medication that softens the stool. This includes medication against heartburn, such as antacids and acid-binding products.

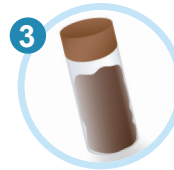
After taking antibiotics or probiotics, wait at least 2 weeks before doing the test to ensure correct results.



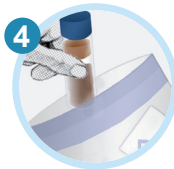
- ➔ Use the stool collection unit to avoid the stool being contaminated by toilet water. Empty your bladder before the sample collection to prevent mixing of urine and stool.



- ➔ Take the spoon (attached below the lid) to stir the stool. Take samples from at least three different places.



- ➔ Fill at least $\frac{3}{4}$ of the small sample tube with stool. Close the tube and clean it externally, if necessary. Label it with your name and the sample collection date.



- ➔ Insert the small sample tube into the larger transport tube and put them in the protective bag with absorbent pad.



- ➔ Fill out all the information on the sample dispatch note. Don't forget to sign it!



- ➔ Put the bag in the gray return envelope together with the sample dispatch note and send it to our laboratory. Your kit contains **prepaid Itella return label** and **door code**. Just attach the label on the envelope and send it via nearest Itella parcel machine. The door code is valid for sending from all Itella **BLUE** parcel machines.