

Stool sampling instructions

Please follow the instructions precisely!

Instructions for the usage of the stool-tube with the red lid. Ideally, this tube should be filled with samples of two bowel movements.



Preparation: Drink one glass of diluted fruit vinegar (3 soupspoons fruit vinegar in a glass of water) in the evening before the first day of stool sampling.

First stool sampling (first day)

Step 1

Attach the stool sampling paper to your toilet seat as shown on the right picture.



Step 2

Once you had a bowel movement **take two to three spots from your stool** with the small spoon inside the lid as shown on the right picture.



Step 3

Put the spoon with the stool sample back into the tube and screw down the lid as shown on the right picture. Store this tube in a cool place until the second stool sampling on the next day.



Second stool sampling (next day)

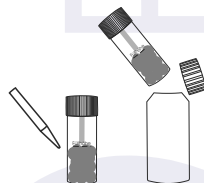
Steps 1 - 2 (like Step 1 and 2 of the first stool sampling)

Use the tube you've used for the first sample and proceed in the same way as you did the day before.



Step 3

Write your name on the tube (use a waterproof pen!). Now put the tube in the additional packing container and screw down the lid of this container. Your stool sample is now prepared for the dispatch. (Please find information on the dispatch below.)



Dispatch of your complete stool sample

Your complete stool sample may contain one to three containers - depending on the individual order. Put all the containers including the order form in the envelope and bring it to your local post office.



Stool sampling instructions

Please follow the instructions precisely!

Instructions for the usage of the stool-tube with the brown lid.



Step 1

Attach the stool sampling paper to your toilet seat as shown on the right picture.



Step 2

Once you had a bowel movement take **two to three spots from your stool** with the small spoon inside the lid as shown on the right picture



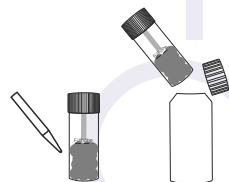
Step 3

Put the spoon with the stool sample back into the tube and screw down the lid as shown on the right picture.



Step 4

Write your name on the tube (use a waterproof pen!). Now put the tube in the additional packing container and screw down the lid of this container. Your stool sample is now prepared for the dispatch. (Please find information on the dispatch overleaf.)



Instruction for the usage of special stool tubes:

Hb/Hp-Komplex Histamine in stool



Please use the stool sampling paper for your toilet seat

1. Screw the white small sample rod off.
2. Put the sample rod's tip into your stool sample once (**only once!**), put it back in the stool tube and screw it down.
4. Write your name on the tube (use a waterproof pen!). Now put the tube in the additional packing container and screw down the lid of this container. Your stool sample is now prepared for the dispatch. (Please find information on the dispatch overleaf.)

