

## Adult Stool (poo) Sample Instruction Sheet

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect your stool (poo) sample at home.

Stool sample analysis is valuable to ORIGINS, as there is growing evidence to suggest that patterns of 'friendly bacteria' in our gut have a strong influence on our developing patterns of metabolism and immunity. We will examine how maternal bacteria influence the presence and types of bacteria in the infant's gut.

If you have diarrhoea, please do not collect a stool sample.

**Before collecting any samples, please plan how you will get your samples to the ORIGINS team by scanning the QR code or following the link for more information:**



[https://originsproject.telethonkids.org.au/for-participants/sample\\_collection/](https://originsproject.telethonkids.org.au/for-participants/sample_collection/)



### STEPS FOR STOOL SAMPLE COLLECTION

1. If collecting a stool sample whilst pregnant, please collect your stool sample no more than 7 days before your next ORIGINS appointment.

**OR**

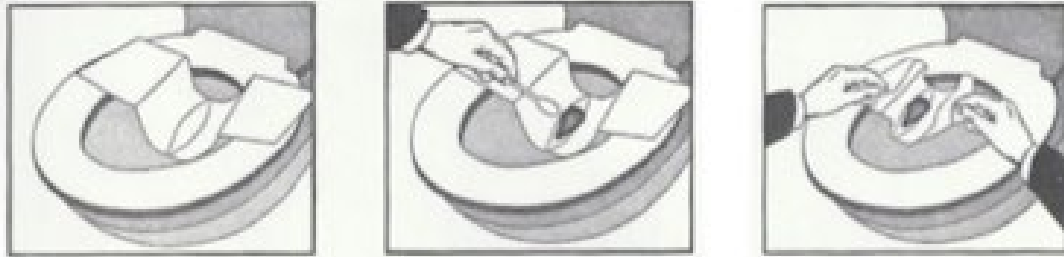
If collecting a stool sample post-birth, collect the stool sample as close to the collection timepoint as possible (e.g. when your baby is 2 months, 6 months of age etc)

2. Check your stool sample kit contains:



- 1 x stool collection pot with scoop in lid
  - 1 x FecesCatcher©
  - 1 x pair of gloves
  - 1 x esky (given at first ORIGINS appointment)
  - 1 x Stool Request Form
3. Urinate prior to collecting stool sample to prevent any urine being collected with the stool specimen. Wash hands thoroughly after urinating.

4. Very carefully peel apart the FecesCatcher© in the direction of the arrows and stick across the toilet bowl (see below image)



**OR**

If you would prefer, you may place a large, thoroughly cleaned, plastic container (such as a two-litre ice-cream container) in the toilet bowl, as an alternative.

5. Empty your bowels into the FecesCatcher© or into the plastic container.
6. Put gloves on and use the scooped lid of the collection pot to collect the sample.
7. Please try your best to fill the pot to the top of the label.
8. If possible, try to collect stool from the middle of the bowel movement.
9. Place lid on the collection pot and seal tightly to prevent leakage. Discard the remaining stool.
10. Write the date of collection on the tube.
11. Place pot in eskie provided and place immediately in the freezer.

*The stool sample must be frozen within 15 minutes of collection, but can stay in your freezer for as long as you need until you are ready to hand samples in to ORIGINS.*



***Thank you for being a part of this valuable research***

Any queries please contact The ORIGINS team



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