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PARTICIPANT INSTRUCTION BOOKLET

NYU Langone
Health

NYU Grossman
School of Medicine



Approved For Period: 7/10/22 - 7/20/2022

Please be sure to read all of the instructions in the booklet. The study results will only be accurate if you follow these instructions closely. Call us at **718-722-1370** if you have any questions.

STEP 1

Review the contents of the kit

STEP 2

Collect your mouth wash sample

STEP 3

Collect your stool sample

STEP 4

Mail back study materials

- Steps 2 and 3 can be completed in any order.
- You may also choose to send only your mouth wash sample OR only your stool sample.
- After your first sample collection is received, we will send a second sample collection in approximately two months.
- For your second sample collection, please send us the same sample type that you chose for your first sample collection.
- For example:

1 st Batch Enrollment	2 nd Batch Follow-Up (2 months later)
Oral	Oral
Stool	Stool
Oral and Stool	Oral and Stool

STEP 1



REVIEW THE CONTENTS OF THE KIT

Make sure you have all the kit pieces listed below.

- Oral sample kit



- Stool sample kit





STEP 2

COLLECT YOUR MOUTH WASH SAMPLE



- Dispense ten milliliters of mouthwash into the blue-cap tube (up to 10 mL line).
- Pour the 10 mL amount of mouthwash into mouth and swish throughout the mouth for 30 seconds; spit it into the blue-cap tube.
- **Close the cap tightly.**
- Place the blue-cap tube in the specimen bag provided and seal the bag.



Mouthwash



Blue-cap tube

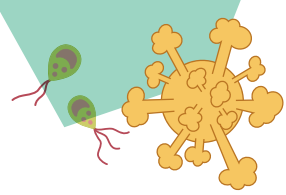


Specimen bag



STEP 3

COLLECT YOUR STOOL SAMPLE



- Urinate before bowel movement, if possible.
- Slide stool collection paper over toilet seat according to package instructions.
- Have a bowel movement.
- Put on gloves (optional).
- Unscrew the green-cap tube, **being careful not to spill** the preservation liquid inside.
- Obtain 2 marble sized stool samples with provided applicator stick attached to the cap, and deposit into the tube.
- **Close the cap tightly and shake well** for 30 seconds.
- Flush stool and collection paper.
- Place the green-cap tube in the specimen bag provided and seal the bag.



Stool collection paper

Gloves



Green-cap tube with preservation liquid inside



Specimen bag

STEP 4

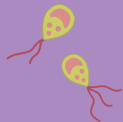
MAIL BACK STUDY MATERIALS

- Place the following back into provided boxed package:
 - Mouth wash sample in specimen bag **AND/OR**
 - Stool sample in specimen bag
- Seal the box closed by removing adhesive strip.
- Mail box via U.S. Postal Service (USPS). Postage is pre-paid.
- **When we receive your second batch of sample(s),**
 - **You will receive \$20 if you provided only mouthwash or stool sample**
 - **You will receive \$35 if you provided both mouthwash and stool samples**



IMPORTANT!

- Tube caps should be closed tightly to prevent spills during shipping.
- Materials should be sent back as soon as possible (within 1-2 days) after sample collection.



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