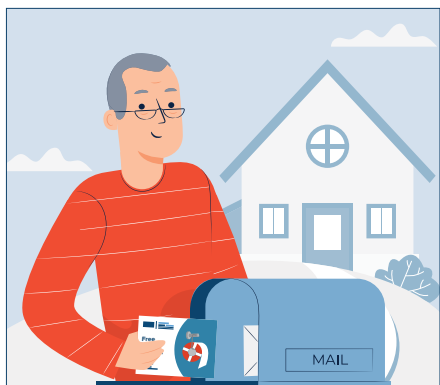


Collection Instructions



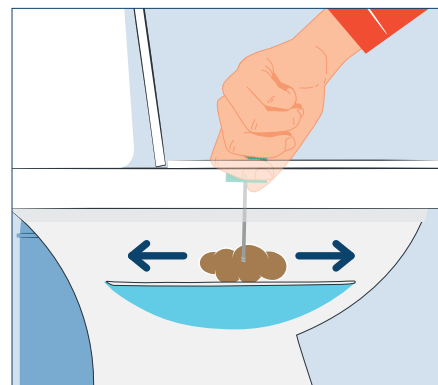
Step 1

You'll receive an envelope in the mail with everything you need to do the test including instructions. All you need to do is collect 2 tiny samples from 2 separate poos.



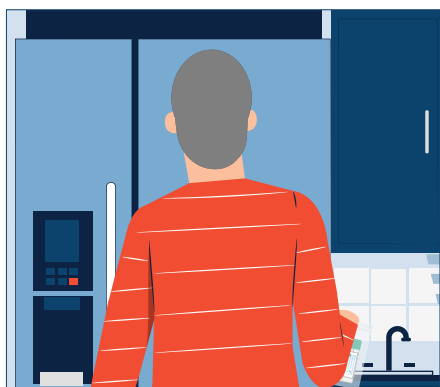
Step 2

Take one collection tube and add your details. First do a wee, then put the flushable toilet liner in the toilet bowl. This will catch your poo for the sample.



Step 3

Once you have done a poo, open the collection tube and scrape the tip of the stick back and forth over your poo. You only need a tiny sample. Put the stick back into the tube and click the lid shut.



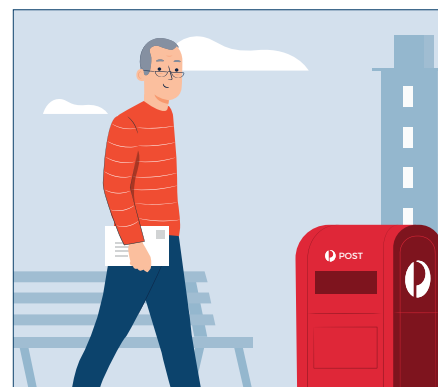
Step 4

Place the tube into the ziplock bag and store it somewhere cool. A fridge is ideal, but do not put it in the freezer.



Step 5

When you do your next poo, repeat the process with the second collection tube.



Step 6

Fill out the form and put it in the envelope along with your 2 samples. Read the checklist on the back of the envelope before sealing it. Mail the samples, within 24 hours if you can. The postage is free!