



Stool Sample Collection Kit Instructions

must be 18+ to use this kit

Stool Sample Collection Kit Instructions For Use



Before you continue, please **ACTIVATE** your kit by either scanning the QR code on the inside of the box, or going to: <https://bit.ly/Activate-Kit-empowerDX>. You can find your Activation Code on the inside of your kit box.



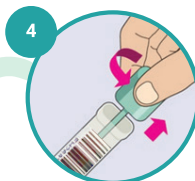
- The test can be done at any time of day or night.
- Put toilet paper in the toilet bowl to make it easier to collect your sample.



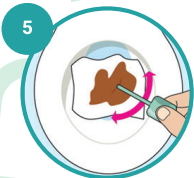
- Perform Your bowel motion. It doesn't matter if your sample touches the toilet water or your urine.



- Wash and dry your hands.



- Twist the green cap to open and pull out the sample stick



- Collect your sample by scraping the sampling stick on your bowel motion (stool) until the end of the stick is covered.



- Put the green collection sampling stick into the tube.
- Twist the green cap and push until you hear a click.
- Do not reopen the tube.



- Wash and dry your hands.



- **Fill the ID label attached to the sample tube.**
- Fill the ID label on the zip bag with first/last name & date of birth.

Turn to Next Page!



- Put the collection tube into the green bag.



- Place the green bag with your sample into the biohazard zip bag.
- Fill in the biohazard label with your first/last name, gender, date of birth and sample collection date/time.



- Place the biohazard bag into the empowerDX box.
- Place the box into the pre-addressed green mailing bag.
- Dispose of the used materials as per local wastage advice.



- Bring it to the nearest An Post office or street post box.
- Ship your sample **ON THE SAME DAY** you collected it (Monday - Thursday only), otherwise it may not be tested.
- Please keep this instruction sheet.
- Your results will be available through the online portal, you will be notified by email when results are ready. Turnaround time for results will depend on the test(s) requested.



WARNING

- Please make sure to **ACTIVATE** your kit before sending to our lab. Samples may not be accepted/tested as a result of not following this step.
- For over 18 years of age and human use only, empowerDX Ireland accepts no liability for damages as a result of misuse of this kit.
- Do not use this kit if there is visible damage to the packaging or the contents. The components of the kit are single use only, please do not reuse any item(s).
- Use this kit within 30 days from receiving it.
- This kit can **ONLY** be used by the person whose details are provided through the online platform and appear on the printed documentation. empowerDX Ireland is not responsible for any consequences resultant of using this test for someone else.
- This test should not be done whilst menstruating.
- Please read all instructions before starting the collection process. Ensure all steps and processes are fully understood before continuing. If you are familiar with other at-home test kits please note that this kit and the steps involved may differ and so it is paramount that you follow these instructions as any deviation from them may result in your sample being unsuitable for our laboratories to analyse.
- Make sure to fill the ID label on the zip bag with first/last name and date of birth.
- Make sure your personal details are correct on the online portal and please complete the health questionnaire before collecting your sample. Failure to do so may effect you receiving your test results.
- Samples **NEED** to be posted on the day of collection. Failure to do so may effect sample quality. Posting can be done from any local An Post post box, you **DO NOT** need to register post or pay for delivery back to our labs; this is already covered by empowerDX Ireland using the provided mailing bag.
- Medications such as Aspirin and anti-inflammatory may cause stomach irritation which can affect the results. Seek medical advice before performing the test.
- A high fibre diet is recommended for 3 days before sample collection starts.
- Results are made available through the online portal. You will receive an email notification when these are ready. To log in, please go through the link provided in the email or click 'login' in the top right on the www.empowerDX.ie website. Testing times may vary depending on the test(s) purchased.

Kit Checklist - Please review the checklist below and ensure all are completed before returning your kit:

- | | |
|---|---|
| ☐ Confirm all your details are correct (i.e. Name, D.O.B. etc..) | ☐ Seal all collection tubes and bags before packing into the box & mailing bag |
| ☐ Also confirm your FHXXXXXXX code is the same as on your confirmation email | ☐ Return sample to the lab on the day of collection |

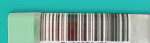
Stool Sample Collection Kit Contents
Please confirm all the items below are in your kit before continuing, you may not be able to complete sampling without all items.



Free Mailing Bag



empowerDX Kit Box



Sample Collection Tube



Green Sealable Bag



Green Sealable Bag Stickers



Biohazard Bag and Sticker