



Instructions

Test Kit B



AUSTRALIA
1300 974 621
HELLO@MICROBA.COM

UNITED KINGDOM
+44 808 501 2748
HELLO.UK@MICROBA.COM

Welcome, we're here to help make your collection experience as easy as possible.

Inside this guide you'll find everything you need to prepare for your test, collect your sample and return it to our laboratory.

PROCESS

A

Prepare

B

Collect

C

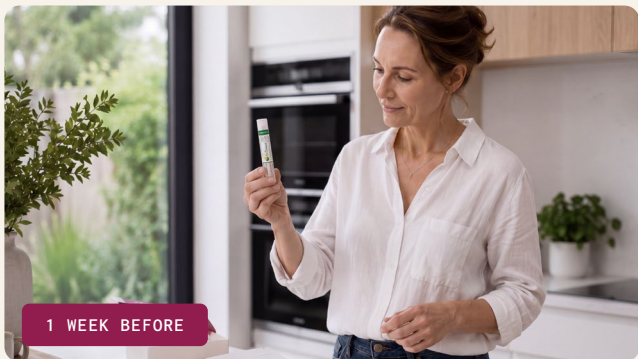
Pack & Send

If anything is missing or damaged, please contact our friendly Customer Service Team at hello@microba.com or call 1300 974 621 for Australia, +44 808 501 2748 for UK.



INTERACTIVE
INSTRUCTIONS

Prepare



A

STEPS

1. Complete Questionnaire (GI Navigator)
2. Preparing for collection
3. Collection day

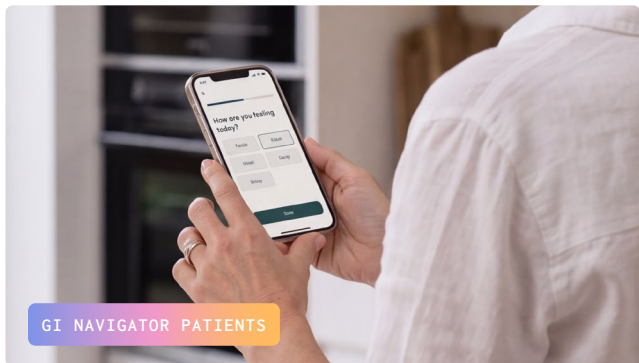
1

Complete your questionnaire

GI Navigator patients only

To provide the full picture of your gut health you'll need to submit a GI Navigator questionnaire. This has been emailed to you and will only take ~15 minutes to complete.

Without completing the survey, we may be unable to fully process your results, and some markers may appear as 'No Result'.



2

Check your test kit

Before you begin, take a moment to ensure you have all the components and that the kit is addressed to you.



INSTRUCTION BOOKLET



COLLECTION PAPER



2 COLLECTION STICKERS



GLOVES



DEVICE 1



DEVICE 2



DEVICE 3



ICE PACK



POUCH A



POUCH B



KIT BOX



PRE-PAID ENVELOPE



THERMAL POUCH



CONSENT FORM

3

Preparing for collection

Make sure your ice pack is fully frozen

IMPORTANT

Ice Packs can take upto 48hrs to freeze.

Collect your sample on the correct day

Collection days differ because of local postal schedules. In Australia, collect your sample from Sunday to Tuesday. In the UK, collect your sample from Sunday to Wednesday. Avoid public holidays when postal services are closed.

Keep your usual routine for 2 weeks before sampling

Continue your usual diet, medications, probiotics, and supplements. Do not start anything new unless advised by your healthcare professional.

Check if you can collect your sample

Wait 4 weeks after antibiotics or herbal antimicrobials, 2 weeks after colonoscopy preparation or an enema, and 2 days after alcohol or NSAIDs such as ibuprofen or aspirin.

Avoid alcohol and NSAIDs

Alcohol or pain management like ibuprofen or aspirin can affect your results. Avoid taking these 2 days before testing.

If you're unsure when to test, check the FAQs at the back of the booklet or contact our friendly Customer Service at hello@microba.com or call 1300 974 621 for Australia, contact +44 808 501 2748 for UK.



4

Collection day

Allow 30 minutes

When you are ready to take your sample, allow 30 minutes to complete the process. If you need any help, please feel free to call our friendly Customer Services team.

Days for collection

AUSTRALIA



Collect your sample on a Sunday – Tuesday. Drop it off at the Post Office ideally before 12pm the same day, or on Monday morning if you collect it on Sunday.

UNITED KINGDOM



Collect your sample on a Sunday – Wednesday. Drop it off at the Post Office ideally before 12pm the same day, or on Monday morning if you collect it on Sunday.

Collect



B

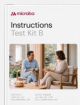
STEPS

5. Prepare to collect your sample
6. Prepare the collection paper
7. Provide your stool sample
8. Collect your vial sample
9. Collect your pot sample
10. Collect your swab sample
11. Clean up

5

Prepare to collect your sample

1. When you are ready to collect your sample, take the collection kit to the bathroom with you.



INSTRUCTION BOOKLET



COLLECTION PAPER



DEVICE 1



DEVICE 2



DEVICE 3

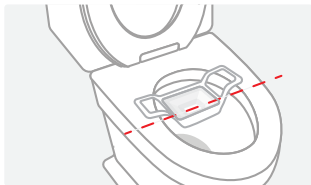


GLOVES

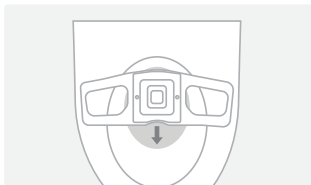
6

Prepare the collection paper

1. Peel the double-sided tape on the back of the collection paper and fasten to the back of the toilet bowl. You may need to urinate before opening the collection paper accessory and starting the stool collection process.



(1)



2. Alternatively, you may line a clean disposable container with the toilet paper and place the container into the toilet bowl after urination. This collection method is recommended if you have loose bowel movements (Optional).



7

Provide your stool sample

1. Ensure your stool sample remains uncontaminated from urine, toilet water and other contaminants.



(1)

If you have a problem with your first collection attempt, use a disposable container lined with toilet paper.

8

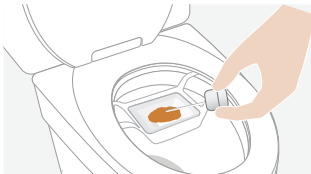
Collect your vial sample

DO NOT REOPEN

1. Put the gloves on and open Device 1.
2. Scrape the tip through the stool until the grooves are covered. A small amount is enough.
3. Place the stick back into the tube and twist tightly until sealed.



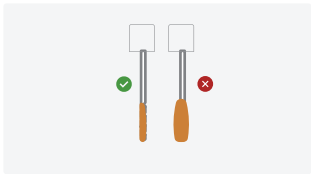
(1)



(2)



(3)

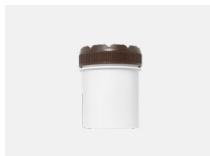


CORRECT USE

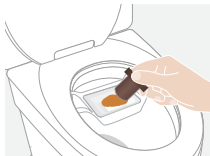
9

Collect your pot sample

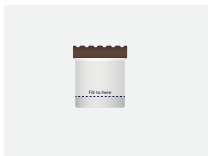
1. Open Device 2.
2. Use the scoop inside the pot lid of device 2 to collect the stool material. Collect material from three to five different sections of the sample.
3. Fill the pot with at least 1 teaspoon.



(1)



(2)



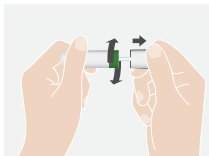
(3)

If blood or mucus is present in your stool, please avoid collecting from those areas.

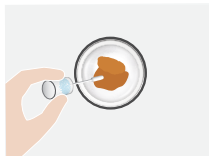
10

Collect your swab sample

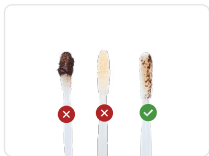
1. Open Device 3 by twisting and pulling with a firm grip.
2. Take a small amount of the stool from Device 2 (the pot) using Device 3 – the swab.
3. Place the swab back in the tube without touching anything else e.g. urine, toilet water, or dirty surfaces. Firmly close the tube until you hear it click.



(1)



(2)



CORRECT USE

If the swab has been contaminated e.g. with urine, toilet water, or dirty surfaces, call our Customer Services Team who are here to support. Australia number: 1300 974 621.

UK number: +44 808 501 2748.

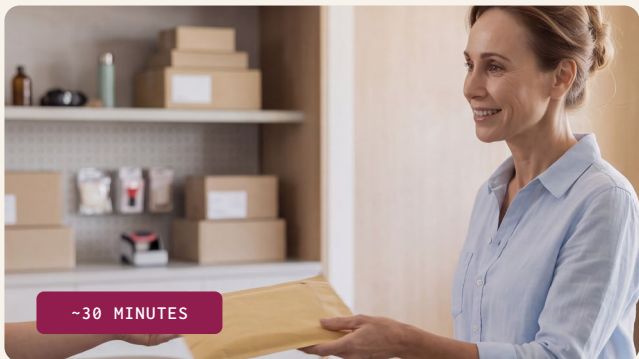
11

Clean up

1. You've completed taking your sample! Peel the edges of the collection paper off the toilet seat and drop it into the toilet to flush.

Next, you'll need to package up your test and send it back to us to get your results.

Pack & Send



~30 MINUTES

C

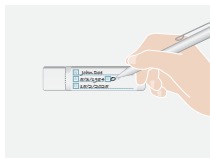
STEPS

12. Label your sample
13. Assemble Pouch A
14. Assemble Pouch B
15. Refrigerate Pouch A and B
16. Pack pouch A
17. Activate monitor & pack Pouch B
18. Seal and send

12

Label your sample

1. Directly on Device 1, write your full legal name, date of birth, and date of collection using black or blue pen.
2. Use the two collection stickers provided to label Device 2 and Device 3 with your full legal name, date of birth, time and date of collection. (Affix each sticker to the relevant device.)



(1)



(2)



(3)

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Assemble Pouch A

1. Place Device 1 & Device 3 in Pouch A.
2. Press the pouch closed and seal the pouch.



(1)



(2)

UK ONLY

Complete and return the patient consent form with your labelled sample.

microba

Consent For Sample Processing

I hereby grant microClinical Ltd and Microba Life Sciences Ltd the authority to processing, store and use my data for the purposes of preventative and occupational medicine and research.

I am aware that I may withdraw my consent at any time by informing microClinical Ltd and Microba Life Sciences Ltd.

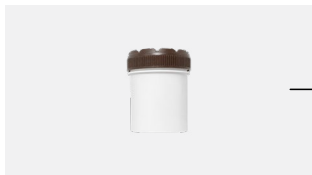
I also consent to the disclosure of the results to the relevant healthcare provider, a member of their clinical staff or my physician, or directly to myself. I also confirm that microClinical Ltd and Microba Life Sciences Ltd have not shared any of the data from my primary care provider.

First Name	John, Bob
Date of Birth	5 / 3 / 1984
Signature	W. C.
Date Signed	15 / 2 / 2025

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Assemble Pouch B

1. Place Device 2 in Pouch B.
2. Press the pouch closed and seal the pouch. Do not discard the absorbent paper.



(1)



(2)

DO NOT DISCARD THE ABSORBENT PAPER

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Refrigerate Pouch A and B

1. Place Pouch A and Pouch B in the fridge for a minimum of 30 minutes or until ready to post that same day.

Keep the pouches away from food, and out of reach of children and pets. Keep the provided ice pack in the freezer so it's ready when you send your sample.



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Pack pouch A

1. When you're ready to post, take the provided ice pack out of the freezer and place it into the thermal pouch.
2. Take Pouch A out of the fridge and place into the thermal pouch with the ice pack.



ICE PACK



POUCH A



THERMAL POUCH

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Activate monitor & pack Pouch B

1. Take Pouch B out of the fridge.
2. To activate the temperature monitor on Pouch B, press and hold the temperature monitor button. Wait for the green light to flash.
3. Place Pouch B into the thermal pouch with Pouch A and the ice pack.



TEMPERATURE MONITOR



(2)

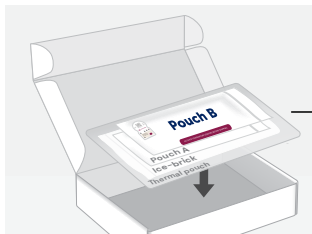


(3)

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Seal your sample and send

1. Place the thermal pouch into the kit box and close.
2. Place the kit box into the pre-paid return envelope and seal the envelope.
3. Sample needs to be dropped off by 12 noon at your local post office on the approved days listed on instruction "4".



(1) (2)



(3)

If collected on a Sunday, return it first thing on Monday morning



Results are on the way !

Your sample is now on its way to our accredited laboratory. Once analysis is complete (typically within 2–4 weeks), your referring practitioner will receive your report and guide you through your results.

FAQs

Should I stop taking probiotics or supplements before collecting my sample?

No. Continue taking your usual probiotics and supplements for the two weeks before collection, unless your healthcare professional has advised you differently. Speak with them before changing any prescribed medication.

Can antibiotics or antimicrobial supplements affect my results?

Yes. They can temporarily change the bacteria in your gut. Wait at least four weeks after your final dose before collecting your sample.

Can I collect my sample during my period?

Yes. Take the sample from an area of stool where no blood is visible.

Should I change my diet or routine before collecting my sample?

No. Keep to your usual diet, medications, supplements, and lifestyle for the two weeks before collection. This helps your results reflect your usual gut microbiome.

Can I send a liquid stool sample?

Yes. A liquid stool sample can still be tested. Please collect a sample that reflects what is normal for you. Liquid stool may affect some results, and this will be noted on your report.

Can I collect my sample after taking ibuprofen, aspirin, or another NSAID?

Where possible, wait two days after taking an NSAID before collecting your sample. If you have already collected it, you can still return it. Let your healthcare professional know what you took and when so they consider this when interpreting your result.

Need more help?

Our 24/7 Ai agent is available by Phone or via our online Help Centre QR code below, or call our friendly Customer Service team: 1300 974 621 for Australia, +44 808 501 2748 for UK during business hours.



Product Storage

The collection kit must be stored in its original package at a temperature between 5°C and 30 °C until the time of use.

If incorrectly stored, its effectiveness will be compromised.

Limitations

Microba Collection Kit's are not intended for users under 18 years of age.

Intended Use

Microba Collection Kit's are intended for lay adult users to self-collect a stool specimen at home. The kit is a single use in vitro diagnostic (IVD) designed to provide containment, packaging and method of transport for the specimen to a designated laboratory where analysis is performed.

Warnings and Precautions

- For in vitro diagnostic use.
- Do not sample faeces from the toilet, faeces mixed with urine, menstrual blood or water.
- Caution is recommended in using antacids, barium, bismuth, anti-diarrheal medication, antibiotics, anti-histamine, nonsteroidal anti-inflammatory drug or laxatives prior to collection of the specimen.
- Do not leave the device unattended.
- Not suitable for rectal sampling.
- Do not use after the expiry date printed on either device 1 or 3.
- This product is for single use only. Reuse may cause inaccurate results.
- Not suitable for any other application than intended use.

Symbol Glossary



In vitro diagnostic
medical device



Authorized representative
in the United Kingdom



Catalogue number



Batch Code



Consult instructions
for use



Manufacturer



Do not re-use



Storage conditions



Keep away from sunlight



Keep dry

The Microbiome Explorer and Gi Navigator range are only available for purchase through a healthcare professional.

The polymerase chain reaction (PCR), enzyme-linked immunosorbent assays (ELISA), and faecal immunochemical (FIT) based assays used in Microbiome Explorer Extended and Comprehensive products are diagnostic and are intended for clinical use.

The faeces pH assay used in Microbiome Explorer Extended and Comprehensive products is for research use only and not to be used as a basis for diagnosis.

The metagenomic assays used in Microbiome Explorer Essentials, Extended and Comprehensive products are intended to determine the microbiome populations and associated functional pathways in a faecal sample.

The application is for research use only and is not to be used as a basis for diagnosis. Learn more about the journey we are on to validate this gold-standard technology for clinical diagnosis and application at microba.com.



REF KITB-G-ME-ECG **IVD**



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V2.0