



Instructions

Test Kit A



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. Check your test kit
2. Preparing for collection
3. Collection day

1

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



GLOVES



COLLECTION STICKER



SWAB



POUCH



PRE-PAID ENVELOPE



CONSENT FORM

2

Preparing for collection

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.

Avoid sampling after using these medications

Antibiotics, antimicrobials, and some other medications can affect test results. Avoid sampling for 4 weeks after using these medications.

Avoid alcohol and NSAIDs

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

3

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.

Return your sample

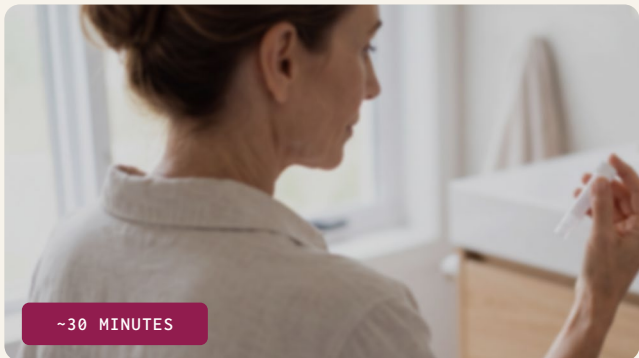
Your test will need to be returned at the Post Office within 3 days of taking your sample.

Sample your first bowel movement

We recommend taking your sample from your first bowel movement of the days of taking your sample.



Collect



~30 MINUTES

B

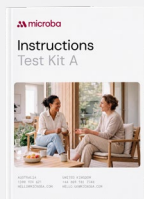
STEPS

4. Prepare to collect your sample
5. Collect your sample using the swab device
6. Clean up

4

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



SWAB



GLOVES

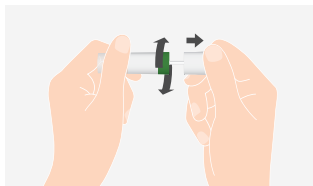


POUCH

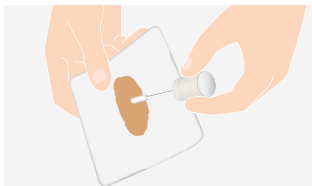
5

Collect your sample using the swab device

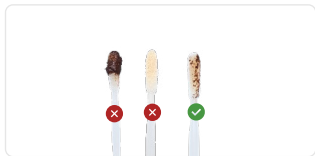
1. Open swab by twisting and pulling with a firm grip.
2. Wipe as usual after your bowel movement.
Take a small amount of the stool from the toilet paper.
3. Place the swab back in the tube without touching anything else e.g. urine, toilet water, or dirty surfaces.
4. Firmly close the tube until you hear it click.



(1)



(2)

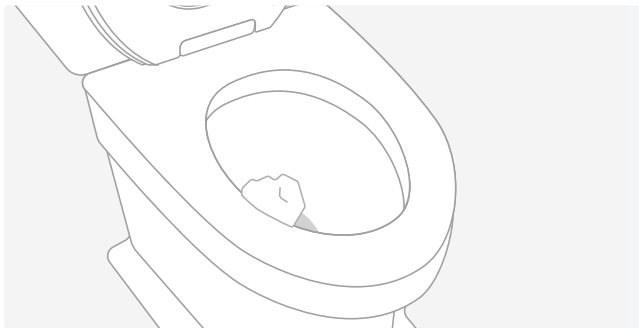


CORRECT USE

6

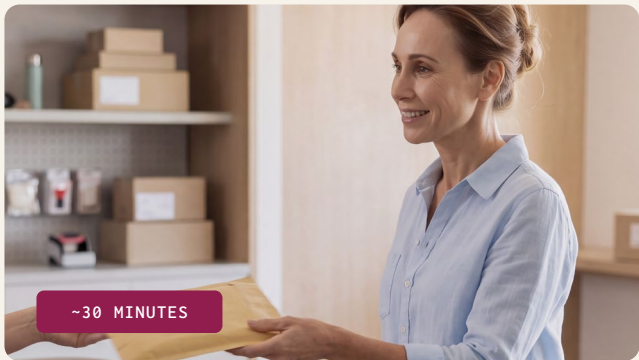
Clean up

You've completed taking your sample! Next, package up your test and send it back to us to get your results.



If the swab has been contaminated e.g. with urine, toilet water, or dirty surfaces, call our friendly Customer Services team who are here to support.

Pack & Send



~30 MINUTES

C

STEPS

7. Label your sample
8. Place the collection swab in Pouch
9. Seal and send

7

Label your sample

1. Use the collection sticker provided to label the swab with your full legal name, date of birth, time (AM or PM), and date of collection.
2. UK SAMPLES: To ensure we can process your sample, please complete the Patient Consent Form and return it along with your labelled sample.

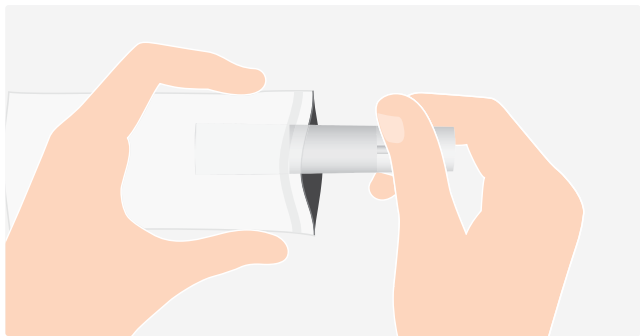


Important: for UK samples, we will not be able to process your samples without the Consent Form.

8

Place the collection swab in the pouch provided

1. Place the swab in the Pouch provided and seal closed.
Ensure the pouch is properly sealed the tube until you hear it click.



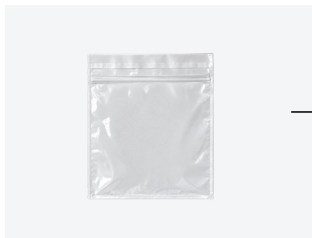
(1)

Ensure the pouch is properly sealed. If you are not able to post your sample immediately, please store it at room temperature.

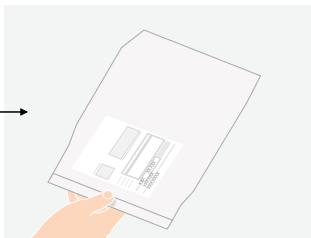
9

Seal your sample and send

1. Place Pouch in envelope and seal it securely.
2. Return your sample to the nearest Post Office within 3 days of collection.

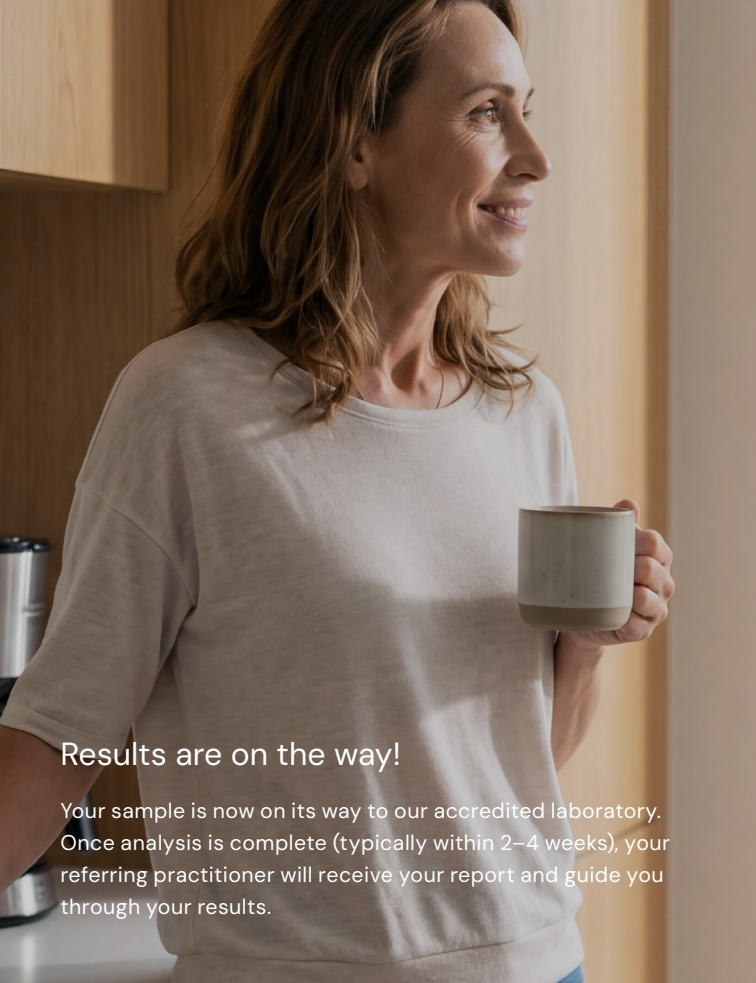


(1)



(2)

Ensure the pouch is properly sealed. If you are not able to post your sample immediately, please store it at room temperature.



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 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 KITA-G-ME-E

IVD



Microba Pty Ltd

Level 10, 324 Queen Street, Brisbane, QLD, 4000, Australia

UK REP

Invivo Clinical Ltd

The Coach House, 3 Lewiston Mill Toadsmoor Road, Stroud, GL5 2TE

V2.0