microba

FEATURE GUIDE

At-home patient questionnaire

Microba GI Navigator

EXPECT BETTER
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At-home patient questionnaire

Your patient will receive an email from Microba with a link to an easy-to-use questionnaire as soon as payment for their test is finalised. The questionnaire takes about 15 minutes to complete in their own time and must be done before they take their stool sample.



Symptoms

Conditions

Medical History

Diet

Medications

Eating patterns

Psychosocial wellbeing

Symptoms

01	In the past 3 months, have you had bleeding of your gums when brushing your teeth?	
02	In the past 3 months, how often have you typically passed a bowel motion spontaneously (i.e. without the use of laxatives, suppositories, or enemas)?	ROME IV
03	How long have you tended to pass fewer than 3 bowel motions per week?	ROME IV
04	In the past 3 months, how often have you experienced loose or watery stools (without the use of laxatives, suppositories or enemas)?	ROME IV
05	How long have you been experiencing loose or watery bowel motions?	ROME IV
06	In the past 3 months, how often have you experienced hard or lumpy stools?	ROME IV
07	How long have you been experiencing hard or lumpy stools?	ROME IV
08	In the past 3 months, how often have you typically strained or needed to use effort to pass a bowel motion?	ROME IV
09	How long have you been experiencing the need to strain or use effort to pass a bowel motion?	ROME IV
10	In the past 3 months, how often have you experienced a sense of blockage or obstruction when passing a bowel motion?	ROME IV
11	In the past 3 months, have you needed to use your hand or fingers as support to pass a bowel motion?	ROME IV
12	How long have you been needing to use your hand or fingers as support to pass a bowel motion?	ROME IV
13	In the past 3 months, have you experienced a feeling of incomplete emptying when you pass a bowel motion?	ROME IV
14	How long have you been experiencing a feeling of incomplete emptying when you pass a bowel motion?	ROME IV
15	In the past 3 months, roughly how often have you experienced bothersome abdominal bloating?	
16	In the past 3 months, how often have you experienced abdominal distension?	

Symptoms

17 In the past 3 months, roughly how often have you experienced abdominal pain? ROME IV

18 How long have you been experiencing abdominal pain 1 or more days per week? ROME IV

19 Does passing a bowel motion seem to affect your abdominal pain in any way? ROME IV

20 When you have abdominal pain, is there a change to the appearance and/or consistency of the stools? ROME IV

21 When your stools change when you have abdominal pain, what form do they usually take? ROME IV

22 Does there seem to be a connection between your abdominal pain and the frequency of your bowel motions? ROME IV

23 During the last 7 days, how much have you been bothered by excessive passing of wind/gas (flatulence)?

24 During the last 7 days, how much have you been bothered by a sense of painful wind in the bowels, or "trapped" wind, or wind that is difficult to pass?

25 During the last 7 days, how bothered have you been by strong-smelling wind?

26 During the last 4 weeks, how much have you been bothered by_____ ? PHQ-15

- ○ Stomach pain
- ○ Back pain
- ○ Period pain
- ○ Headaches
- ○ Dizziness
- ○ Fainting spells
- ○ Shortness of breath
- ○ Pain or problems during sexual intercourse
- ○ Nausea, gas, or indigestion
- ○ Chest pain
- ○ Joint pain
- ○ Feeling your heart pound or race
- ○ Feeling tired or having low energy
- ○ Trouble sleeping
- ○ Constipation, loose bowels, or diarrhoea

Conditions

Have you ever been medically diagnosed with the following?
Please tick any that apply.

- ○ Crohn's disease
- ○ Irritable bowel syndrome
- ○ Chronic pelvic pain/persistent pelvic pain
- ○ Interstitial cystitis/bladder pain syndrome
- ○ Ulcerative colitis
- ○ Endometriosis
- ○ Overactive bladder

Medical History

01 Have you ever had a scan that showed you had redundant colon or ptosis of the colon?

Medications

01 Please tell us about your use of _____ (in the last week).

- ○ Osmotic laxatives
- ○ Stool softeners
- ○ Stimulant laxatives
- ○ Proton-pump inhibitor medications (PPIs)

🌱 Diet

01 Do you regularly avoid or restrict foods because of any of the following:

- ○ How they taste, smell, or feel
- ○ Low interest in eating or low hunger
- ○ worry about unpleasant consequences like choking, vomiting, or feeling unwell?

02 Please tell us more about your supplement intake. How often do you take partially hydrolysed guar gum powder?

03 Do you exclude any particular food groups in your diet?

- ○ Gluten (strict gluten-free diet)
- ○ Wheat
- ○ All grains
- ○ Dairy products
- ○ Meat (vegetarian diet)
- ○ All animal products, including meat, seafood, eggs and dairy products (vegan diet)
- ○ More than one of: vegetables, fruit, nuts and seeds, legumes, grains

Please tell us more about your intake of ADAPTED FROM MEDAS

Vegetables | Legumes | Fruit | Nuts and seeds | Wholegrains

Rye bread | Olive oil | Meat | Fish and shellfish

Eating patterns

01 Would you say that food dominates your life? SCOFF

02 Do you believe yourself to be fat when others say you are too thin? SCOFF

03 Have you recently lost more than 1 stone (6.35 kg) in a 3-month period? SCOFF

04 Do you worry you have lost control over how much you eat? SCOFF

05 Do you make yourself sick because you feel uncomfortably full? SCOFF

Psychosocial wellbeing

01 Over the last 2 weeks, how often have you been bothered by:

- ○ Feeling nervous, anxious or on edge GAD-7
- ○ Not being able to stop or control worrying GAD-7
- ○ Worrying too much about different things GAD-7
- ○ Trouble relaxing GAD-7
- ○ Being so restless it is hard to sit still GAD-7
- ○ Becoming easily annoyed or irritable GAD-7
- ○ Feeling afraid, as if something awful might happen GAD-7
- ○ Little interest or pleasure in doing things PHQ-8
- ○ Trouble falling or staying asleep, or sleeping too much PHQ-8
- ○ Feeling down, depressed or hopeless PHQ-8
- ○ Feeling tired or having little energy PHQ-8
- ○ Poor appetite or overeating PHQ-8
- ○ feeling bad about yourself - or that you are a failure or have let yourself or your family down PHQ-8
- ○ Trouble concentrating on things, such as reading the newspaper or watching television PHQ-8
- ○ Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual PHQ-8

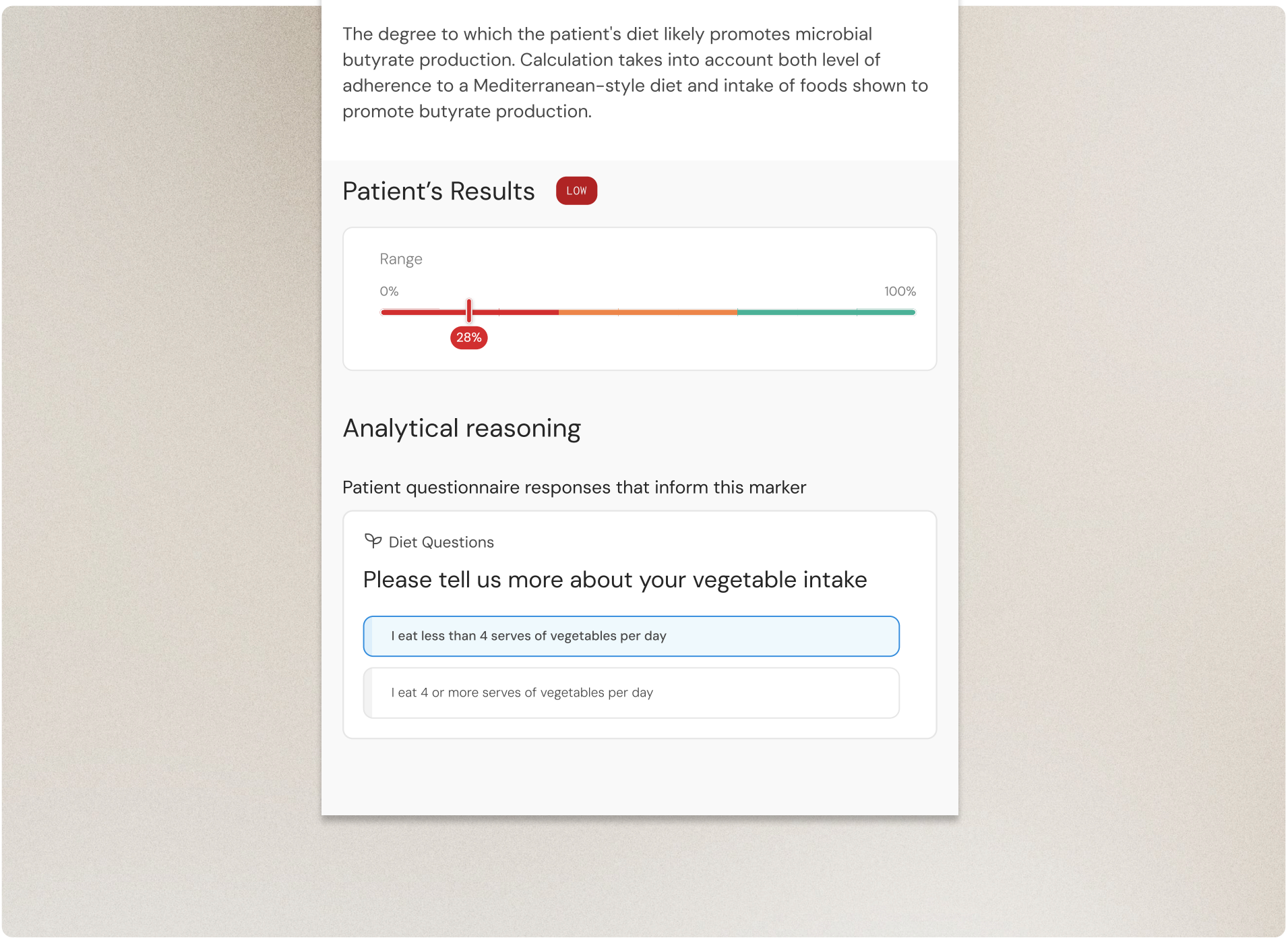
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Patient presentation markers

The patient questionnaire provides essential context for microbiome interpretation. Your patient's answers generate 35 patient presentation markers, which inform 13 of the 22 interpretations in the report, across six of the seven health categories.

The remaining interpretations draw on microbiome, gut physiology and pathogen markers alone. All raw test data is synthesised into personalised clinical interpretations (see the GI Navigator Report feature guide).

While GI symptoms often present in similar ways, GI Navigator can help uncover the relevant contributing factors and support more personalised, evidence-informed management for each patient.



Each health category groups related interpretations in the report.
The patient presentation markers listed under each interpretation are the questionnaire responses that inform it.

Clinical Context

Lower GI symptoms

Hard lumpy stools · Low stool frequency · Constipation symptoms · IBS symptoms · IBS-C symptoms · IBS-D symptoms · IBS-M symptoms · Abdominal bloating · Abdominal distension · Excess wind · Painful wind · Strong-smelling wind · High stool frequency · Diarrhoea symptoms · Loose/watery stools · Incomplete emptying · Feeling of blockage · Splinting · Straining · Persistent abdominal pain

Psychosocial risk

Anxiety symptoms · Depression symptoms · Eating-related risk · Avoidant eating

Dietary gaps

Food group exclusion · Butyrate-promoting diet · Fibre-focused diet · Mediterranean diet adherence

Gut Function

Pancreatic insufficiency

IBS-D symptoms · Diarrhoea symptoms

Slower colonic transit

Hard lumpy stools · Low stool frequency · Report of redundant colon · Constipation symptoms · Laxative use · IBS-C symptoms

Gut Environment

Gut inflammation

Report of IBD

Pro-inflammatory microbiome

Bleeding gums · PPI use · Butyrate-promoting diet

Gut-Brain Axis

Visceral hypersensitivity

IBS symptoms · Chronic visceral pain conditions · Physical symptom bother

Abdominal pain link

IBS symptoms

Gut Barrier

Reduced colonic butyrate availability

Butyrate-promoting diet

Intestinal permeability link

Butyrate-promoting diet

Microbiome Balance

Putrefactive microbiome

Butyrate-promoting diet · Fibre-focused diet · Mediterranean diet adherence

Unbalanced SCFA-producers

Butyrate-promoting diet · Fibre-focused diet

At Microba, expect better. Because we do.

We develop world-leading microbiome research and technology.
We deliver tests that go deeper and broader. We craft insights that improve people's lives.

Why?
Because better is possible. Because better means more freedom and confidence. And, most importantly, because more freedom and confidence means better, happier lives. We are an ecosystem of people organised around one simple principle – making you better. Because better care doesn't just transform individual lives, it builds healthier, happier communities.

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