

## Considerations Prior to and During the Test

For Microbiota (Metagenome) test, you need to give a stool sample using the “Sampling Kit” provided to you. Thanks to the stool storage solution in the container included in the kit, the bacterial composition at the time the sample is taken is fixed.

It is important that you have continued your usual diet before giving the sample. Smoking and alcohol use should also not be changed before giving a sample.

If you regularly use Probiotic/Prebiotic/Symbiotic supplement, it is okay to continue using it as usual before giving a sample. If you want to know the status of your microbiota without the effect of these supplements, cease their use for a minimum of 24 hours.

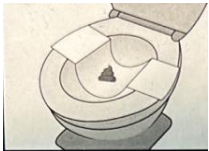
If you regularly use any food supplements, such as vitamins, you do not need to discontinue them before giving samples for the Microbiota (Metagenome) Test.

The use of antibiotics changes your gut microbiota and two months after the antibiotic is stopped, the microbiota returns to its normal state. Before submitting a sample for Microbiota (Metagenome) test, you must ensure that you have not taken antibiotics for at least two months.

If you have medications that you always use for the treatment or prophylaxis of chronic conditions, you should not make any changes in their use before giving a sample.

Below are the steps you should follow for the proper sampling:

## The Placement of the Paper Stool Holder on the Toilet



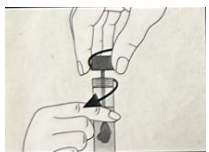
- Unfold the paper sample holder provided in the kit and attach it to the toilet using the sticky edges.
- Sit on the toilet and wait until your stool falls on the paper sample holder.

## Taking A Stool Sample Using the Spoon of the Container Cap



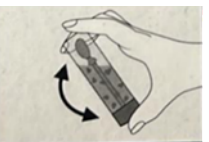
- In the kit, there is a sample container with a solution and a spooned cap. Hold this container upright and turning the cap, open it.
- Take a sample from the stool on the paper holder.

## Placing The Stool Sample on the Spoon in the Solution of the Container



- Put the sample collected in the spoon in the solution of the container and close it by turning the cap.

## Mixing the Stool Sample in the Solution by Shaking the Container Up and Down



- After closing the cap, shake the container up and down for at least five times until the sample is well mixed in the solution.

## Flushing the Stool Together with the Sample Holding Paper



- The paper sample holder is water soluble, you can flush it.