STOOL COLLECTION INSTRUCTIONS

You will collect a stool sample three times: prior to start of study diet (no more than 28 days prior), within 48 hours of your week 6 visit, and within 48 hours of your week 12 visit. Study staff will provide you with three stool collection kits and shipping materials to ship your samples to the University of Pennsylvania. Shipping is paid by the study.

Contact your study coordinator if you notice any of the pieces of the kit below are missing or if you have any questions as you complete the stool collection.

Each stool collection kit contains:

<table>
<thead>
<tr>
<th>Image</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Collection Bucket" /></td>
<td>One stool collection bucket with a frame, a lid, and a label on the outside.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Storage Bag" /></td>
<td>One gallon-size plastic storage bag</td>
</tr>
<tr>
<td><img src="image3.png" alt="Ice Packs" /></td>
<td>Four gel ice packs</td>
</tr>
<tr>
<td><img src="image4.png" alt="Therapak Shipper" /></td>
<td>One Therapak Shipper: a Styrofoam cooler and lid inside a cardboard box, equipped with a Biohazard label, an Exempt Human Specimen label, an Excepted Quantities label and a plastic specimen bag.</td>
</tr>
<tr>
<td><img src="image5.png" alt="Vial" /></td>
<td>One spoon-top labeled vial filled with 5mL ethanol</td>
</tr>
<tr>
<td><img src="image6.png" alt="Bristol Chart" /></td>
<td>One Stool Collection form to document date and time of collection and date of birth (further instructions for filling out the form are located on the form)</td>
</tr>
</tbody>
</table>
STEP 1. Put the gel ice packs in your freezer at home as soon as you get your kit so they are already frozen when you are ready to collect your sample(s).

STEP 2. When you are ready to collect the sample, raise the toilet seat. Pass urine into the toilet first, if necessary. **Do not let urine or water from the toilet get into the collection bucket.** Place the stool collection frame on the back of the toilet bowl. All four corners of the collection frame should be supported by the toilet bowl. Place collection bucket in the frame.

STEP 3. Place the toilet seat down. Do **not** urinate into the collection bucket and do **not** let urine or water touch the stool sample. Deposit your stool directly into the collection bucket.

STEP 4. After collecting your sample, remove the collection bucket from the frame. Discard the frame.

STEP 5. Take the lid off of the spoon-top vial. Scoop a small amount of stool from the sample and place this into the vial. Only scoop enough to fill the scoop. It does not need to be a heaping scoop. Screw the tap on the vial tightly. Shake the vial to make sure the sample comes off the spoon.

STEP 6. Write the date on the label on the outside of the vial. Place the vial in the plastic bag labeled, “Biohazard” and seal the bag.
**STEP 7.** Put the lid on the stool collection bucket and write the date of collection on the label on the outside. Place it in the gallon size Ziploc plastic bag and seal the bag.

**STEP 8.** Complete the Stool Collection form. Record the date and time of collection on the Stool Collection Form. Also record your Date of Birth if it is not already recorded there by the Study Coordinator. Lastly, choose the type on the Bristol Stool scale that most represents your sample and record it in the space provided.

**STEP 9.** Put the frozen gel ice packs in the Styrofoam cooler.

**STEP 10.** Put the two plastic bags containing your samples into the cooler.

**STEP 11.** Fold the Stool Collection form and place it on top of the samples. Put the lid of the cooler on top.

**STEP 12.** Close the flaps on the box. The sample is ready to be provided to study staff.

***The next steps are for shipping the sample to the study lab at the University of Pennsylvania***

(if you are a participant at the University of Pennsylvania and this is your week 6 or week 12 sample, you may bring your sample to your study visit.)

**STEP 13:** Seal the box with tape to prepare for shipping

**STEP 14:** Make sure there is a shipping label on the outside of the box (should have been already put on the box by study staff)

**STEP 15:** Make sure the Biohazard sticker, the "Exempt Human Specimen," sticker and the sticker with a red capital letter "E" are on the box.

**STEP 16:** Call 1-800-PICKUPS to arrange a pick-up of the sample. Place the sample outside your home for the courier to pick up. You will not need to be there when they pick it up. All pick up fees will be paid for by the study.