

# Know My Gut

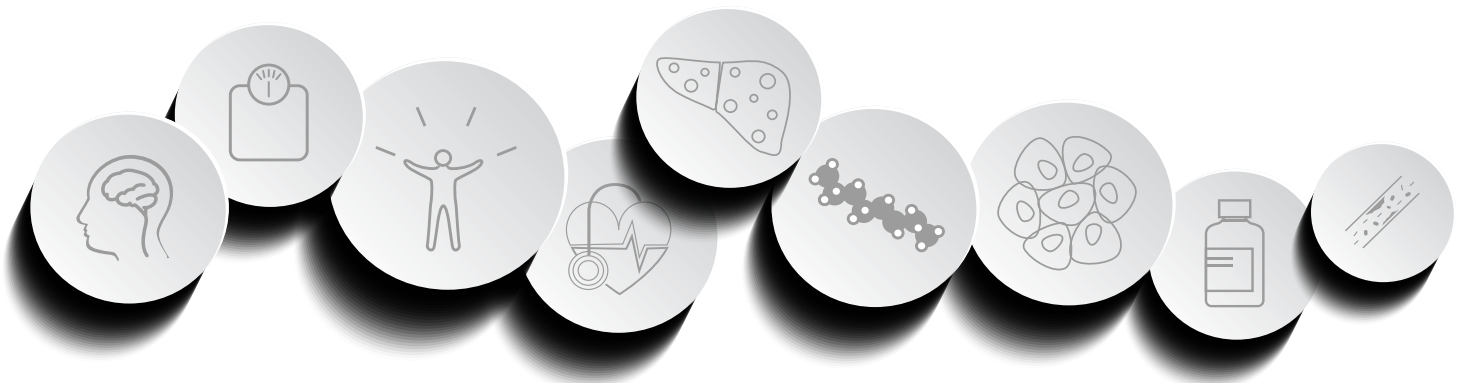
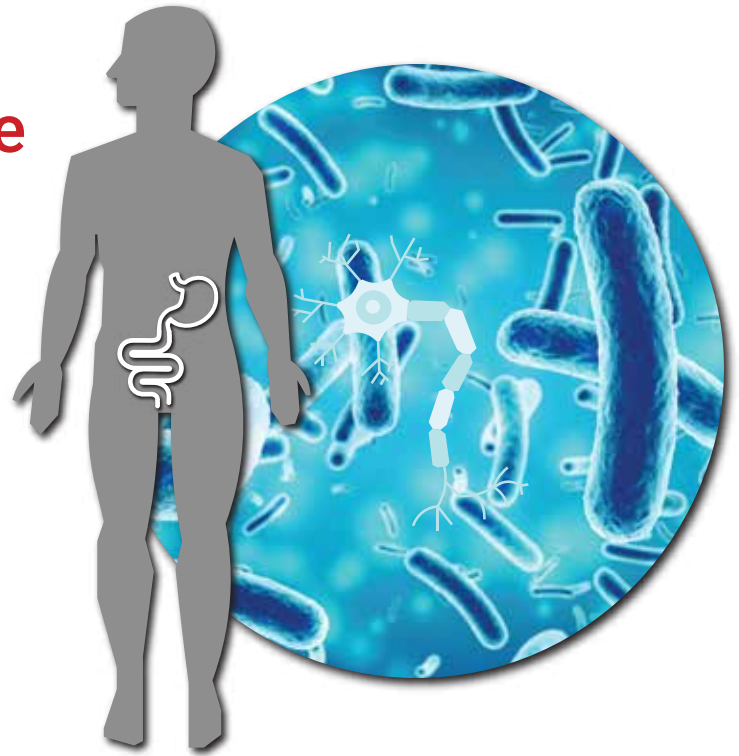
Empowering the second brain

## How to use guide

Getting prepared to take your stool sample

How to take your stool samples

Activating & posting your sample



Save time



Accurate results



Confidential

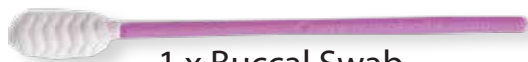


Trusted

For more help email us on [helpme@customer care.expert](mailto:helpme@customer care.expert)  
[www.knowmygut.com](http://www.knowmygut.com)

## Step 1 - Getting prepared to take your gut sample

What is in your gut health testing kit and laying out everything you need before you start



1 x Buccal Swab



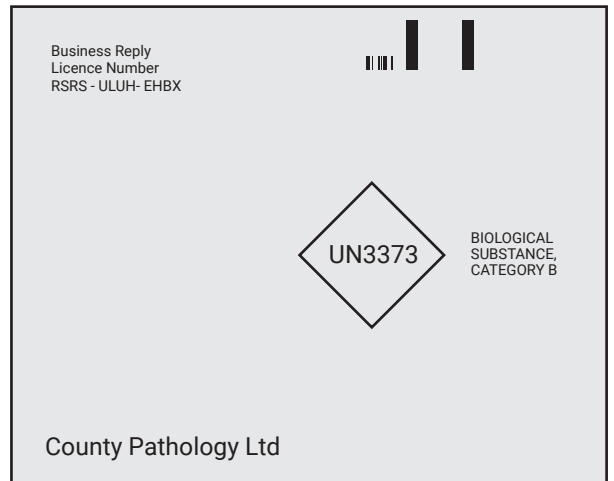
1 x collection tube



Sample Protective Bag



1 x Barcode Label



1 Return Packaging to Lab

## Step 2 - Obtaining your stool sample and filling the collection tube

### USER INSTRUCTIONS

Read all instructions prior to collection

#### Summary and explanation of the kit:

KnowMyGut provides the materials and instructions for collecting and stabilizing microbial DNA from faecal samples.

### Procedure:

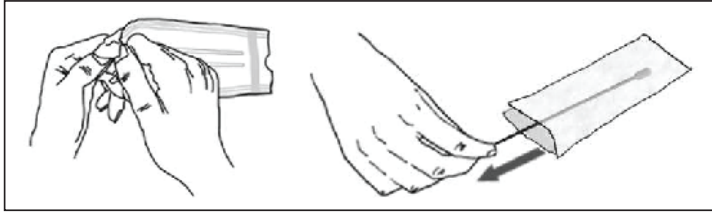


### IMPORTANT PREPARATIONS:

- Empty your bladder before beginning the collection.
- Collect faecal sample free of urine or toilet water.
- Toilet paper or tissues may be required.

## Step 2 - Obtaining your stool sample and filling the collection tube

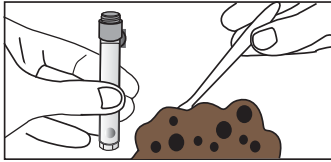
2A



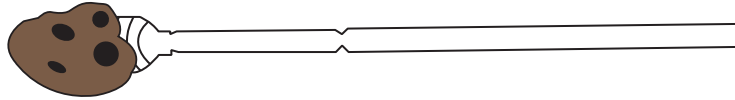
Pull open the package from one end.

Remove the swab from the wrapper, taking care not to touch the white swab head with your fingers.

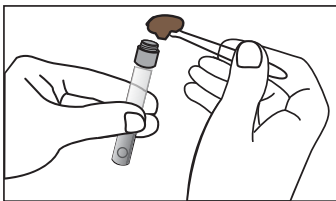
2B



Use the buccal swab to collect the faecal sample.



2C

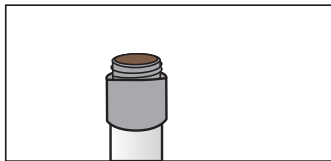


Transfer the faecal sample into the top portion of the tube top. Repeat until the sample fills the tube top.

### IMPORTANT:

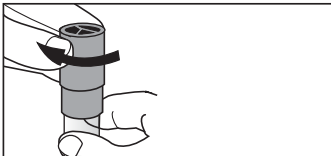
Using both sides of the swab, brush surface of the stool sample until there is good coverage collected onto the swab. Take care not to overload the swab with sample, approximately 50-100mg is recommended.

2D



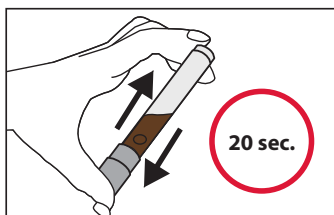
Place the small groove set in the swab stick against the rim of the tube, then snap the swab stick at the break point by bending to one side. Let the swab head fall into the buffer tube.

2E



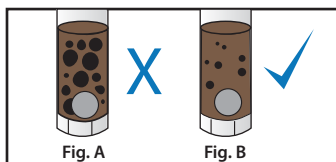
Replace the tube screw cap, tightening to ensure the tube is securely sealed.

2F



Shake tube **vigorously for 20 seconds** to mix. The sample is now stabilised in the solution and ready for downstream purification.

2G

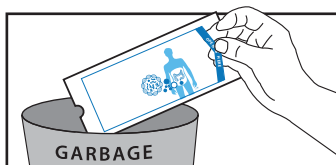


The faecal sample will be mixed with the stabilizing liquid in the tube; not all particles will dissolve.

### IMPORTANT:

Continue shaking if large particles remain as shown in Figure A.

2H

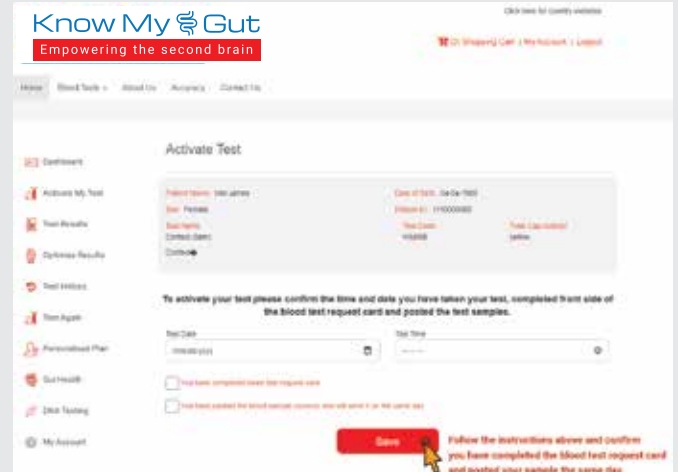
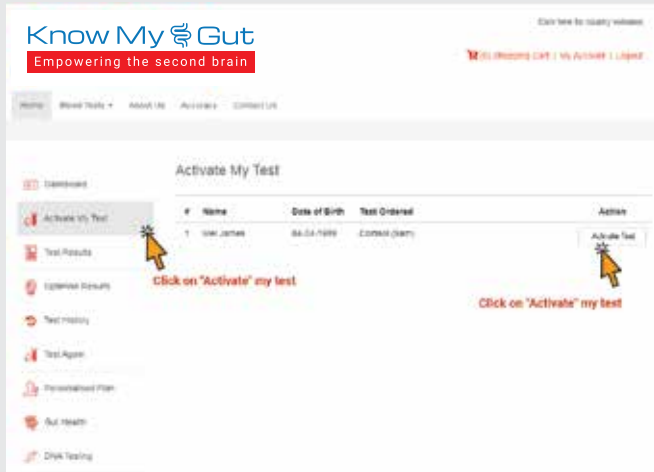


Place spatula in original packaging or wrap in toilet paper and discard in the bin.

## Step 3 - Sending us your stool sample

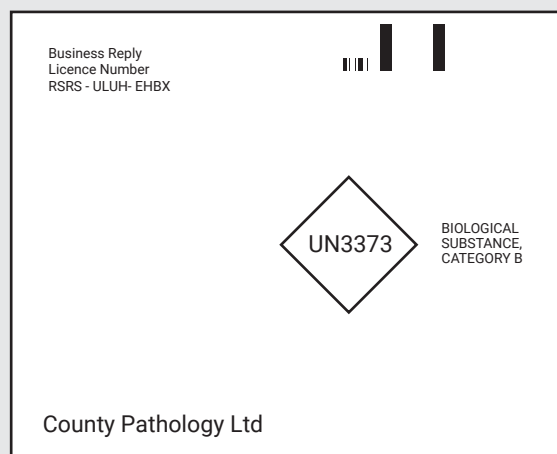
3A - Log into your account to register & track your gut test results using the barcode enclosed.

Register your sample at [www.knowmygut.com](http://www.knowmygut.com) using the barcode provided.



**IMPORTANT: IF YOU DO NOT ACTIVATE YOUR TEST ONLINE VIA YOUR ACCOUNT AREA WE WILL NOT BE ABLE TO TRACK IT.**

3B - Pack all your items including the barcode label into the return packaging ready to post



1 Return Packaging to Lab

For more help email us on [helpme@customer care.expert](mailto:helpme@customer care.expert)  
[www.knowmygut.com](http://www.knowmygut.com)