

Taking a stool sample:

1. When taking a stool sample, use the faeces collection device (↓ **see right image**) so that the stool does not come into contact with the water, the urine, and the toilet. For a more detailed explanation, see the user manual on the 'Faeces Catcher'.



2. Open the tube (↑ **see left image**), leave the liquid in the tube (the liquid is not shown in the image) and take the stool sample with the spoon in the brown cap.
3. Make sure that the spoon is filled and put it back in the tube with the liquid. Watch out that the spoon does not come into contact with the toilet, as cleaning agents or disinfectants can affect the result. *Only take a scoop once, the tube does not have to be completely filled with poop!*
4. Close the tube (↑ **see left image**), leave the liquid in the tube (the liquid is not shown in the image) and shake the tube for 30 seconds to create a homogeneous substance. It will then look something like this (but with a *brown* cap):



5. Put the tube in the seal bag (↓ **see left image**) and put the seal bag in the return envelope (↓ **see right image**). Make sure that both bags are tightly closed. For a more detailed explanation, see the user manual on the 'Rigid SafetyBag' (seal bag) and the 'CoverMedMini' (return envelope).



6. If possible, take the return envelope to a post office or to a letterbox on the same day (a stamp is not required). NB: in extreme weather conditions (such as a heat wave or frost), please deliver to a post office and do not deposit in a letterbox.