



Be part of the
microbiota research !





Collection on
the eve or day
of your
hospital
visit!

THE POOPY SAMPLE

A stool sample takes only a few minutes, but it gives us very valuable information. All micro-organisms are **fragile**. Sample **quality**, determined by observance of the steps below, **is essential**.

THE POOPY KIT

- 1 white bag
- 1 wipe
- 2 tubes containing stabilising solution with integrated spoon
- 1 pair of gloves
- 1 small transparent bag

Urinate
first, so as
not to
contaminate
the sample!

Wash
your hands
and put on gloves before
taking the sample!



THE POOPY POTION

step 1

- cover and obstruct the toilet bowl with the white bag
- place the wipe in the middle of the bag. Push

step 2

- unscrew one of the tubes (take care not to spill the solution)
- take the spoon and fill it to the brim with stools
- place the spoon in the tube, screw on the cap
- repeat with the second tube

step 3

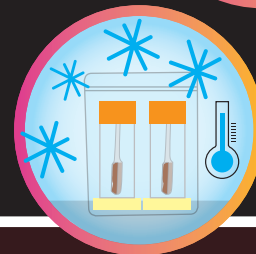
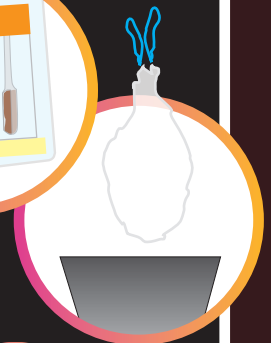
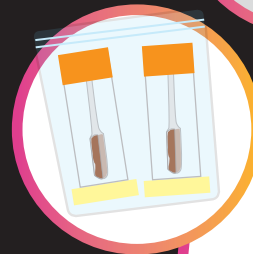
- place the tubes in the transparent bag
- close the bag carefully

step 4

- flush any leftover stools in the toilet
- fold the white bag over the wipe
- throw it in the trash

step 5

- place the tubes upright in the refrigerator



The sample should not remain in your refrigerator for more than 24 hours !

Ensure the tubes are upright !



Give the bag containing the tubes to the day hospital nurses upon arrival !

THE **Poopy** SAVER

It may be necessary to repeat this protocol several times at regular intervals in order to study the evolution of your microbiota.

Talk to your doctor!

