

Fecal Collection Instructions

This collection kit should include the following items:

1. One Zymo Research DNA/RNA Shield – Fecal Collection Tube.
2. A **barcoded label** for the stool sample that identifies this as your sample in the study.
3. One small plastic sample bag containing a white absorbent sheet – This plastic bag will hold the sample tube for the return mailing.
4. One bubble bag.
5. A Stool Sample Collection Form to complete and return.
6. A pre-addressed brown cardboard box labeled “EXEMPT HUMAN SPECIMEN”

Instructions for using the kit are described below. Please note the following:

- The provided kit (Zymo DNA/RNA Shield-Fecal Collection Tube) is a commercial kit for research purposes only. It allows one to self-collect a stool sample and store it at room temperature for a period of time prior to returning it to the research team.
 - The sample should be collected with a normal bowel movement.
 - It is preferred that you collect and return the sample within 48 hours of the visit at which you were given the kit.
 - Make sure to affix the provided barcoded label to the tube so it can be identified.
1. Completing the fecal collection process.
 - Open the top of the collection tube. Use the attached scoop to collect the sample. The scoop should be filled but does not need to be heaping full, just level. This is about ¼ teaspoon of material.
 - Put the cap back on the sample tube.
 2. Storage/packaging
 - **Shake the tube vigorously for a minimum of 30 seconds.** This is very important and ensures that the sample is suspended in the solution.
 - Once the sample has been shaken, **make sure to affix the barcoded label onto the tube.** Place this label lengthwise in line with the tube's height. ALL of the label must be visible so that it can be read.
 - Place the labeled tube into the small plastic bag with the absorbent sheet. Remove as much air as possible from the bag. Seal the bag by removing the tear strip.
 - Once the tube is sealed into the plastic bag, it may be placed in the bubble bag.
 - Complete the Stool Collection Form. Be sure to answer all the questions.
 - Place the bubble bag containing the tube and the Stool Collection Form into the pre-addressed metered cardboard box marked “**EXEMPT HUMAN SPECIMEN**”. Tape close the box. The box can be dropped off at the Post office or given to your mail carrier, whichever is more convenient.
 - Keep the package at a stable room temperature until mailed. Please mail it back to the University of Michigan within 24 hours of collection or as soon as possible.

If you have any questions, you can contact Kelly Rysso (SPIROMICS study coordinator at the University of Michigan) at 734-763-6139.