

## 4 Record Sample Information

Approximate time - 30 minutes.

For personal use only. Record the barcode number (found on the collection tube), date, time, and the sample type taken on the registration card. You do not need to fill this information in on the collection tube.

**Keep the registration card for your records.**

Then, go to <https://microsetta.ucsd.edu/home> and log back in. Click on the button for your account, then click on your name in the source list. Click on the link for the barcode number matching the number on the collection device. Edit sample information and click "Update." Click on the link for the Food Frequency Questionnaire (known as an FFQ) to fill out an additional questionnaire about your dietary habits.

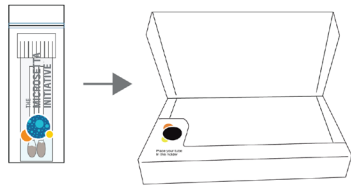
## 5 Return Samples

Check that the tube is tightly closed and does not leak.

Place the collection tube into the safety bag provided and seal it.

Place the **safety bag into the cardboard shipping box** you received (do not use the outer sleeve), and close it. If you have adhesives (such as tape), we recommend using it to seal the box tightly.

The sample should be shipped back to the lab as quickly as possible, ideally within **48 hours** of collection.



### Shipping from the United States

If your kit **DOES** have a pre-affixed and prepaid shipping label, please schedule a FedEx pickup by calling **1-800-463-3339**, or drop off your box at the nearest FedEx center. Do not cover or modify the shipping label, or any other regulatory markings.

If your kit **DOES NOT** have a shipping label and you have not been provided specific return instructions (as part of your participation in a collaboration with a research study), please email: [microsetta@ucsd.edu](mailto:microsetta@ucsd.edu)

To find the closest FedEx Shipping Center, go to: <https://www.fedex.com/locate>



**WARNING:  
CHOKING HAZARD**

Small Parts, Adult Supervision Required.

### Processing Time for Samples

The average processing time for fecal samples is between one to three months.

The Microsetta Initiative is a research effort that produces de-identified open-access data. The results you receive in exchange for participation are not for medical diagnosis or advice. We do not offer medical recommendations or clinical services.

The Microsetta Initiative complies with UC San Diego's privacy policy and ethical regulations to ensure that your data is protected.

FOR RESEARCH USE ONLY. NOT FOR USE IN DIAGNOSTIC PROCEDURES.

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School of Medicine

## Instructions

This collection kit contains the following:

<p>Sample Swabs</p> <p>← Sample Shaft (Use to handle)</p> <p>← Cotton Tips (Use to collect)</p>	<p>Collection Tube</p> <p>← Place Swabs Inside (When instructed)</p> <p>← Preservation Solution (Ethanol – clear liquid)</p>
<p>Registration Card</p> <p>← Kit ID</p>	<p>Safety Bag</p>
<p>Shipping Box -Front</p>	<p>Shipping Box -Back, including label</p>

## 1 Read Instructions

Please read all the instructions (front to back) **before** collecting a sample. If you have any questions, please email [microsetta@ucsd.edu](mailto:microsetta@ucsd.edu)

## 2 Create Profile

Approximate time - 20 minutes.

In this step, you will need to create a login for your account, complete an online consent form, and fill out our questionnaires.

**We cannot process samples without receiving these items first.**

Visit <https://microsetta.ucsd.edu>.

Click "Sign Up" if you are a first-time participant.

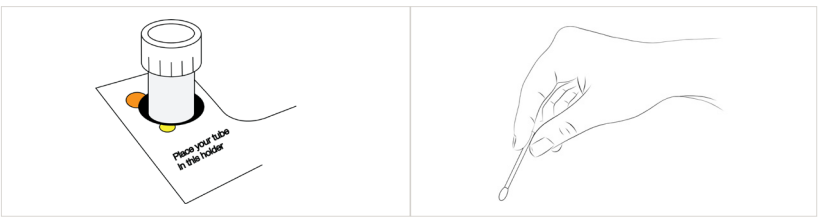
Click "Log In" if you already have an account set up with Microsetta.

Follow the directions detailed on the website. After verifying your email, if taking a human sample click on “New Human Source” to fill out the consent form and our questionnaires.

### 3 Collect Sample

These instructions explain how to collect various human sample types. For additional instructions, please visit: <https://microsetta.ucsd.edu/instructions>

Before you start: Please note that the sample should be shipped back to the lab as quickly as possible, ideally within **48 hours** of collection. It can be stored at room temperature and does not need refrigeration.



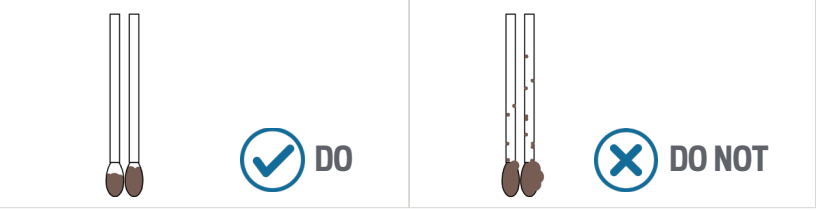
Place the collection tube in the built-in tube holder, found inside the box on the lower left-hand corner.

Open the sample swabs, and make sure to handle them at the ends of the shaft only. **Avoid touching the cotton tips.**

### Fecal Sample

Take the sample swabs out of the packet. Rub both cotton tips over the fecal specimen - ideally from a used piece of toilet paper.

- DO**
- Saturate at least half of the cotton tips. Do not oversaturate the sample.
- If you have a hard specimen, rub enough on both sides of the cotton tips to get a light smear.



### DO NOT

- Do not provide excess material.
- Do not collect any urine in your sample.
- Do not sample stool that has fallen into the toilet bowl.



After collecting the sample, place the sample swabs (cotton tips face down) into the collection tube with the preservation solution. Tighten the cap onto the tube, making sure no content can leak out. Wash your hands.

### Skin Sample

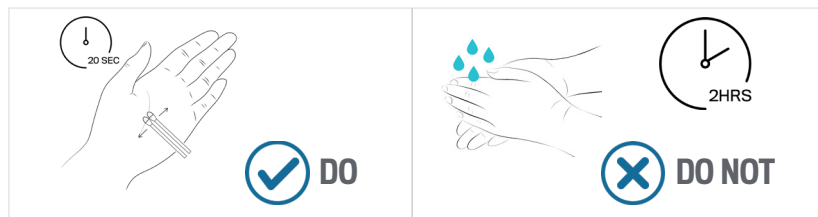
If taking a skin sample, take the sample swabs out of the packet.

- DO**
- Handling both swabs, dip them into the preservation solution, and firmly rub both sides of both tips over the intended skin surface for **twenty seconds**.

Ensure that you are pressing relatively hard with the cotton tips. Good areas to take a skin sample are across the forehead or the broad palm of a hand.

### DO NOT

- Do not wash the intended skin surface for at least **two hours** before sampling.
- Do not sample near the eyes or genital area. The preservation solution contains ethanol, which may cause burning, stinging or a cold feeling when applied to the skin.



After collecting the sample, place the sample swabs (cotton tips face down) into the collection tube with the preservation solution. Tighten the cap onto the tube, making sure no content can leak out.

### Saliva Sample

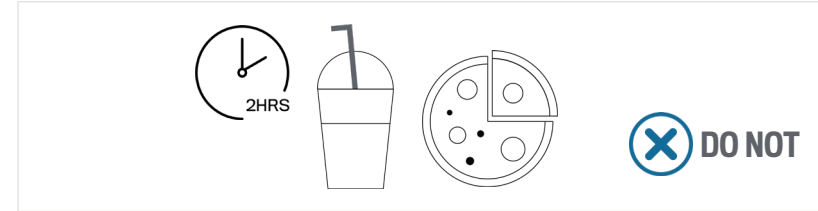
Please note: If taking a saliva sample, swabs are not needed.

- DO**
- To begin cough deeply 3-5 times. Spit out the saliva generated into the sample collection tube. Continue filling the tube on top of the preservation solution. Continue spitting until the tube is approximately half-way full of saliva - bubbles don't count!



### DO NOT

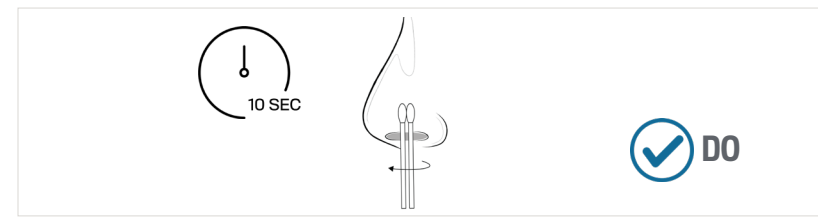
- Do not eat, drink, or chew gum for **two hours** before sampling.



Tighten the cap onto the tube, making sure no content can leak out.

### Nasal Sample

If taking a nasal sample, take the swabs out of the packet. Rub both cotton tips in a circular motion around the inside of your nostril for **ten seconds**. Slight pressure with a finger on the outside of the nose helps to assure good contact. Make sure to saturate the tips in nasal mucus before returning them to the collection tube.



After collecting the sample, place the sample swabs (cotton tips face down) into the collection tube with the preservation solution. Tighten the cap onto the tube, making sure no content can leak out. Wash your hands.