







Instructions - AGA-FMT Cohort

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

2 Create Profile

Approximate time - 20 minutes.

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

Click on the “Sign Up/Login” button.



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.

Please note: If you have already set up an account with Microsetta and are logging in a post-FMT kit: Click on “Log In”, click on the button for your account, then skip to the last paragraph of this step*.

If you are logging in a pre-FMT kit: Follow the instructions below. Click on “Sign Up”. Create a login by filling out the form with an email address and a password on the next page.

You will then receive an email to confirm your account. If you do not get this email, please contact microsetta@ucsd.edu so we can assist you.

The email you receive contains a link to continue creating your account. Select “Click here to create a new account.”

Fill out the form, and in the “Kit ID” field, enter your Kit ID, included on your registration card found in the kit’s sleeve for Step #2. Click “Submit.” On the next page, click “New Human Source”, then select the appropriate age range and fill out the consent form.

We cannot process samples without first receiving the consent form.

Next, fill out the Microsetta survey, and submit by clicking “Submit Survey”. Fill out the following COVID-19 Questionnaire and submit by clicking “Submit Survey”.

*On the next page, enter in your kit ID in the text input field.

Click “List Samples”, confirm that the barcode matches up with the barcode on your collection tube and select the sample by clicking the checkbox. To finish, click “Claim Selected Samples”.

3 Collect Sample

This kit is for collecting a fecal sample. 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.



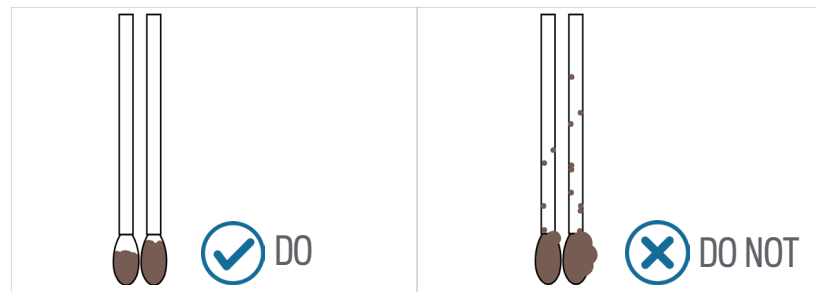
Open the sample swabs, and make sure to handle them at the ends of the shaft only. **Avoid touching the cotton tips.**

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.



- 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 provide excess material.
- Do not collect any urine in your sample.
- Do not fish out fecal specimens from 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.

4 Record Sample Information

Approximate time - 30 minutes.

For personal use only. Record the barcode number (found on the collection device), 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 button for the barcode number matching the number on the collection device. Edit sample information. In the “Notes” field, please write “**pre-FMT sample**” or “**post-FMT sample**”, 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

The box has a pre-affixed and prepaid shipping labels and regulatory markings. Please schedule a FedEx pickup by calling 1-800-463-3339, or drop off your box at your nearest FedEx center. Do not cover or modify the shipping label, or any other regulatory markings.

To find the closest FedEx Shipping Center, go to:

<https://www.fedex.com/locate>

Processing Time for Samples

Due to the nature of the AGA/FMT study, your sample will be banked, to be processed at a later date.