

Not Available in New York. If you are a resident of New York, do not proceed, please contact Wellnicity.

PREPARATION GUIDE (Read prior to starting steps)



Please read ALL instructions before starting to collect. Schedule sample collection such that you can ship your kit on a **MONDAY** to ensure we receive your sample prior to the weekend (If Monday is a holiday, please plan on collecting the following weekend). Do not perform this test if you are currently experiencing diarrhea. Wait for symptoms to subside. Write your name and date of collection on all tubes and vials and completely fill out the 'Requisition & Consent Form'. Wash hands thoroughly before and after your stool collection.

▶ **With prescribing physician's approval avoid the following from the time specified and until all samples have been collected:**

3 Weeks before first collection	<ul style="list-style-type: none"> • Gallbladder dyes 	
2 Weeks before first collection	<ul style="list-style-type: none"> • Oral antibacterial, antifungal, antibiotic, or anti-parasitic drugs or supplements • Corticosteroids 	
1 Week before first collection	<ul style="list-style-type: none"> • Antacids (Rolaids, Tums, Maalox) • Bismuth compounds (Pepto-Bismol, Kaopectate) • Barium • Oily laxatives (mineral oil, castor oil) 	<ul style="list-style-type: none"> • Activated charcoal • Enemas, colonics • Kaolin clay, bentonite clay • Milk of Magnesia
3 Days before first collection	<ul style="list-style-type: none"> • Vitamin C • Heme iron • Peroxidase-containing foods (broccoli, cauliflower, radishes, parsnips, turnips, grapefruit, figs, horseradishes, cantaloupe, and kale) • Raw or rare red meats • Antimicrobial or probiotic suppositories (vaginal or anal) 	<ul style="list-style-type: none"> • Topical antifungal or antimicrobial medications used on the genital or anal areas • Laxatives (e.g. Metamucil, Fiberall, Miralax, Glycolax (If it's not possible for you to collect a stool sample without the use of laxatives, please contact a clinician to discuss alternatives.)) • Digestive enzyme products containing chymotrypsin (pancreatic enzyme) or desiccated pancreatic gland

NOTE:
Probiotics may affect your test results. Please consider removing your probiotic for 7 to 10 days prior to collecting your sample.

STEP 1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form' and filter card.



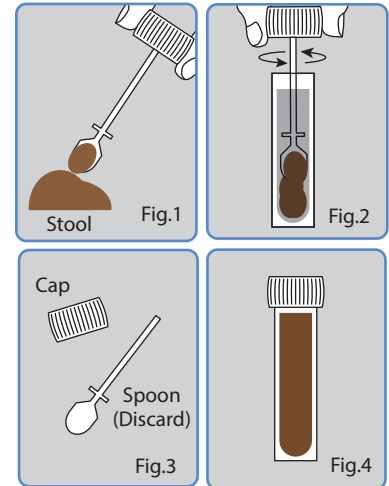
STEP 2: REGISTER YOUR TEST KIT

- ▶ Go to Wellnicity.com and click on **REGISTER TEST KIT** (top right hand corner of the screen)
- ▶ Register your test kit by logging into your account and **COMPLETE YOUR HEALTH PROFILE**.

STEP 3: SAMPLE COLLECTION

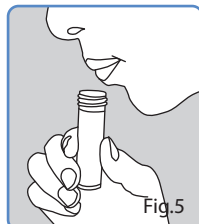
Stool Collection

- ▶ Follow instructions for Day 1 to collect stool into both the 2nd B vial and the A vial. **DO NOT TRANSFER** stool from one vial to the other vial.
- ▶ Refrigerate until ready to ship.
- ▶ **DAY 1: Stool Collection Using First B Vial**
 1. Use Faeces Collection Device to collect sample. Follow instructions stated on the collection device. Follow diagrams and collect stool into vial. It is best to collect multiple areas of the stool. Avoid urine and water contamination of stool sample. Do not overfill. (Fig.1)
 2. Use spoon to break up clumps and stir thoroughly. (Fig.2)
Remove spoon from lid. Discard spoon. (Fig.3)
 3. Cap vial tightly and shake vigorously for one minute. Avoid contact with contents, which may cause skin irritation. Do not ingest. (Fig.4)
 4. Return stool vial to plastic bag and place in refrigerator until shipping.
- ▶ **DAY 2: No Collection Necessary**
- ▶ **DAY 3: Stool Collection Using A Vial and second B Vial & Saliva using H Vial**
 - ▼ See Saliva collection instructions on reverse. ▼



Saliva Collection

- ▶ **Prior to H Tube Saliva Collection**
 - 60 minutes before collection: Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.
 - 3-5 minutes before collection: Rinse mouth thoroughly with cold water for 30 seconds. Wash hands prior to handling the tube.
- ▶ **H Tube Collection:**
 - Collect saliva directly into H tube, filling the tube up to 5 mL or at least three-quarters full (excluding bubbles). To reduce the amount of bubbles, cap tube and place in the freezer for 2-3 minutes.
 - Remove tube from freezer and lightly tap tube on a countertop or tabletop. This should help to settle the bubbles and enable further collection. Once full, refrigerate until ready to ship.
- ▶ **If you have difficulty producing sufficient saliva:**
 - Chew dental-grade paraffin wax; smell a lemon wedge, vinegar; or pickle juice; or smell your favorite food item to promote flow.
 - Collect saliva 2-3 minutes later.



STEP 4: SHIPPING INSTRUCTIONS

SAMPLES MUST BE SHIPPED WITHIN 24 HOURS OF COLLECTION.

RETURNING YOUR SAMPLE

- ▶ Place the refrigerated samples inside the plastic bag.
- ▶ Make sure your 'Requisition & Consent Form' is completed and you have registered your test kit online.
- ▶ Place the 'Requisition & Consent Form' inside the slot on the outside of the plastic bag containing sample specimen.
- ▶ Place the plastic bag inside the test kit box.
- ▶ Place the test kit box containing sample inside the pre-labeled FedEx return bag (included at the bottom of your test kit package).
- ▶ Once sealed, record or take a picture of the shipping label located on your FedEx return bag to track your sample journey.
- ▶ Deliver sealed sample return bag to a FedEx shipping location. Transit to the laboratory takes approximately 2 business days.

NEXT STEPS

- ▶ Upon receipt, the lab will process your sample.
- ▶ Your results will be reviewed by a Wellnicity clinician and securely transmitted to your online account.
- ▶ You will receive an email when your test results are ready, approximately 7-9 business days following the receipt of your samples.