

MetaXplore™ Sampling Instructions

Unlock health from within

CO-BIOME™
By MICROBA

Congratulations on taking the first step towards exploring your digestive and gut microbiome health to unlock health from within.

To help your healthcare professional capture meaningful insights from your sample, please read the instructions in full before taking your sample and follow the directions for use.

Make sure you have all of the below items included in your Co-Biome™ MetaXplore™ sampling kit

The below items are included in your sampling kit:

- 1 Instruction booklet
- 2 Bristol Stool Chart
- 3 Day of collection sticker
- 4 Collection swab pouch
- 5 Return paid envelope
- 6 Collection swab



Please check your kit is addressed to you and you have each kit item listed before beginning your test. If any of these kit items are missing or damaged, please contact Co-Biome Customer Service by email contact@co-biome.com or phone **1300 974 621**.

What you need to know before taking a sample

- Firstly, please check that the kit you use is addressed to you.
- You will need to collect a sample from a bowel movement that is typical for you.
- You will not be able to collect a sample if you are menstruating or for three days after menstruation.

What you need to know before taking a sample – diet and lifestyle

- You will need to maintain your regular diet and lifestyle for at least two weeks before taking a sample. Changes to your exercise habits, short-term use of supplements or antibiotics or eating new foods may influence your sample.
- No dietary restriction is required.
- Avoid initiating antibiotic, antimicrobial, antiseptic and antiviral therapies where possible as these can impact your results.

What you need to know before taking a sample

2 days before taking your sample

Avoid drinking alcohol.

Avoid taking NSAIDs (e.g. ibuprofen, aspirin) unless directed by a healthcare professional.

On the day of sampling

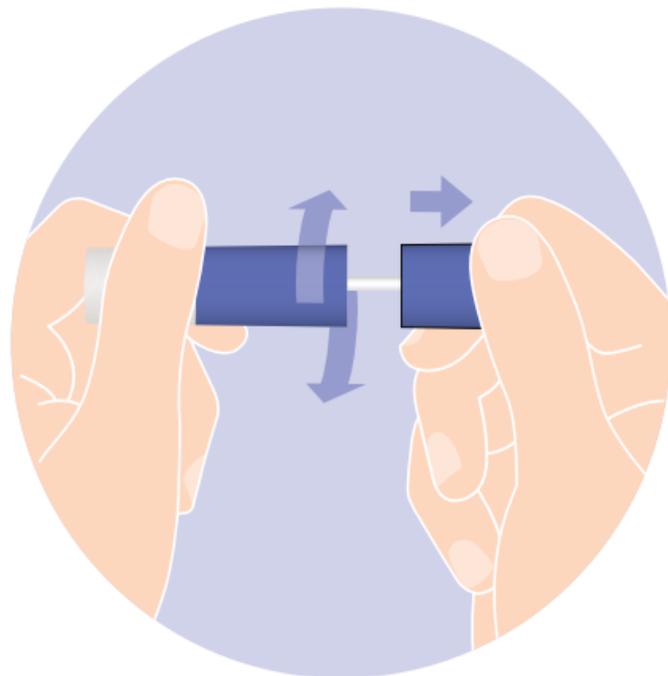
If you have several bowel movements per day, the sample should, if possible, be collected during the first bowel movement.



STEP 1

Open the tube by twisting and pulling

Open the swab tube by twisting and pulling with a firm grip. It is important that the swab tip does not come into contact with your hand or any other surfaces, as this can interfere with the sample.

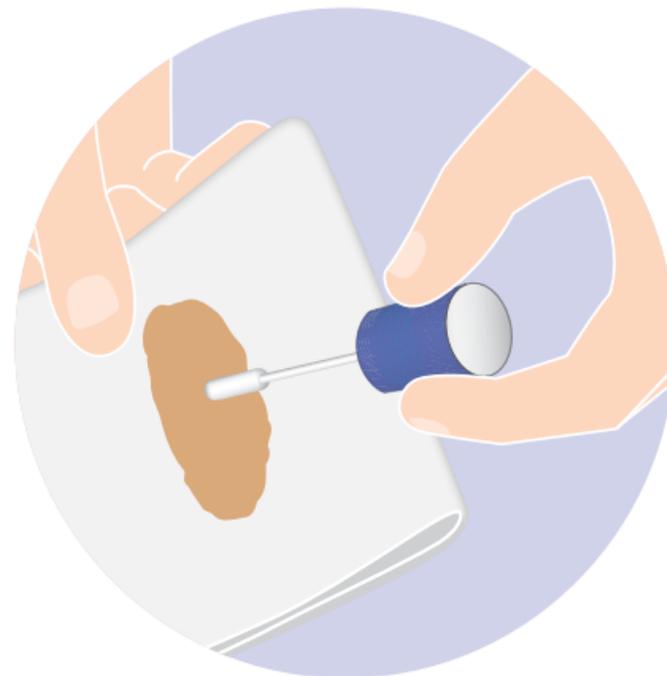


STEP 2

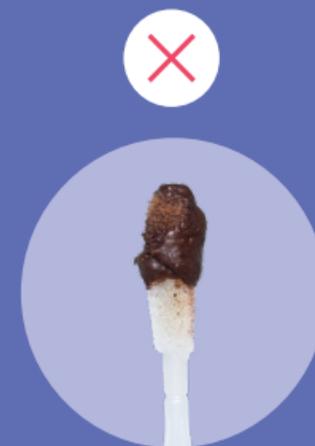
Collect your swab sample

Wipe as usual after your bowel movement. You should use a piece of freshly soiled toilet paper for the sample. Only a small smear is needed with no lumps captured on the swab.

After your bowel movement, please take note of your stool as you will need to record this in your day of sampling questionnaire. You can use the Bristol Stool Chart provided on page 19 as a guide.



Lightly touch the round end of the swab to pick up a small smear. It is critical not to overload your sample. Only a small discolouration of the swab is needed for testing.



Overloaded sample



Underloaded sample

Do not overload or underload your sample. Our lab may not be able to process your sample or provide a report for your swab if it contains too much or too little material.

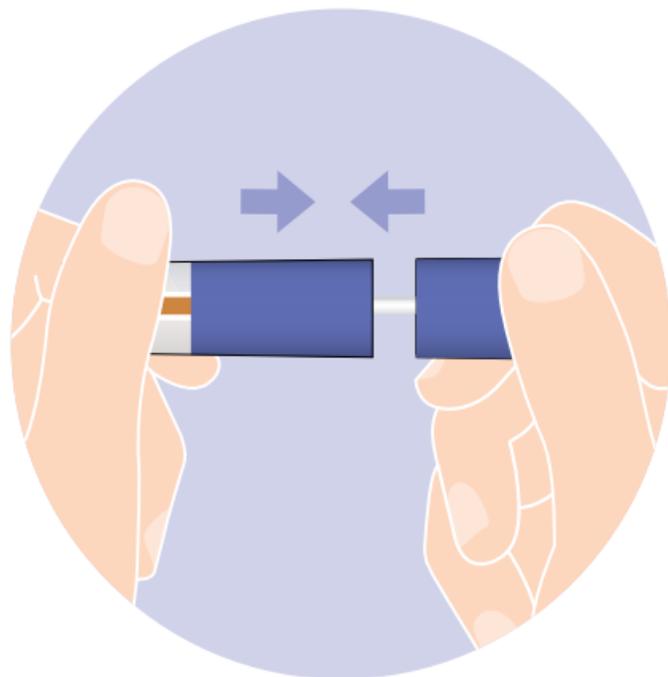


STEP 3

Close your swab sample

Place the swab in the tube and click to close. The swab should be placed immediately back in the tube without touching any other surfaces. Firmly close the tube until you hear it click and set aside.

Contact our team immediately if the swab has touched another surface.



STEP 4

Select your stool consistency on the Bristol Stool Chart

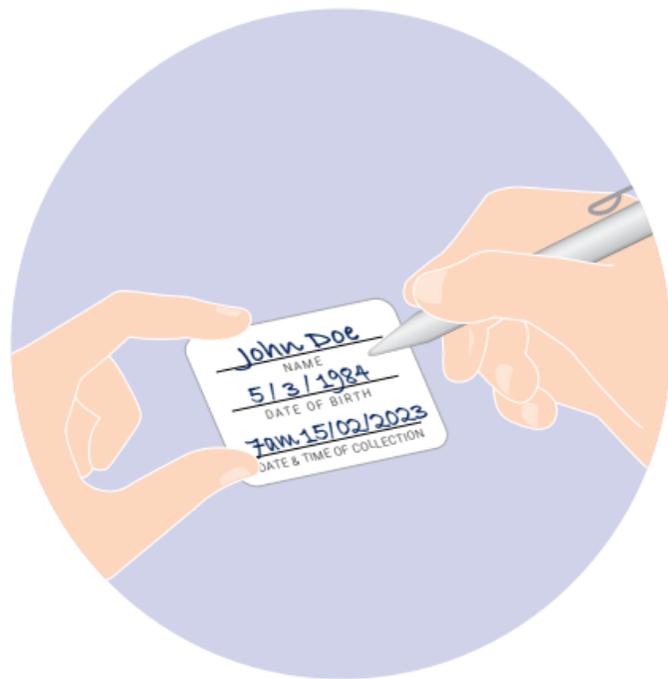
Using the Bristol Stool Chart provided, select your stool consistency.



STEP 5

Label your sample with the day of collection sticker

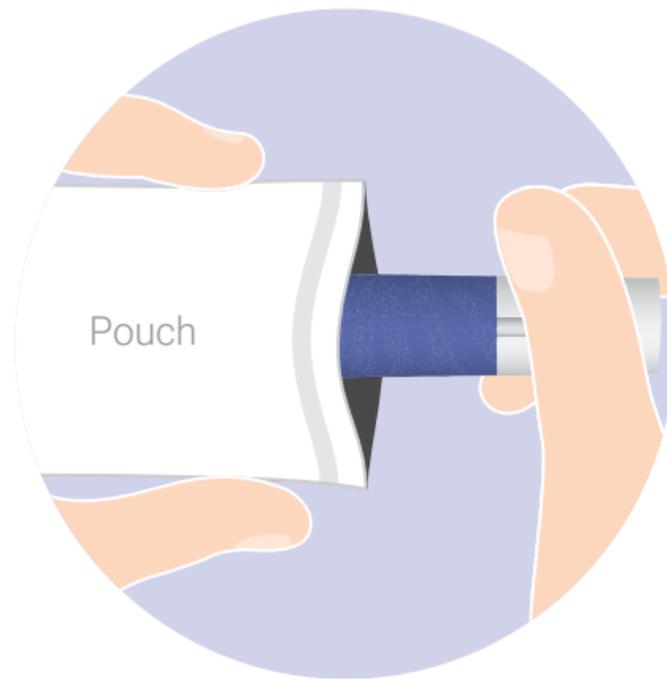
Use the “Day of Collection” sticker provided to label the swab tube with name, DOB, and the time and date of sample collection.



STEP 6

Place the collection swab in the pouch provided

Place the swab in the swab pouch provided and press the pouch closed to seal. Ensure the swab pouch is properly sealed.

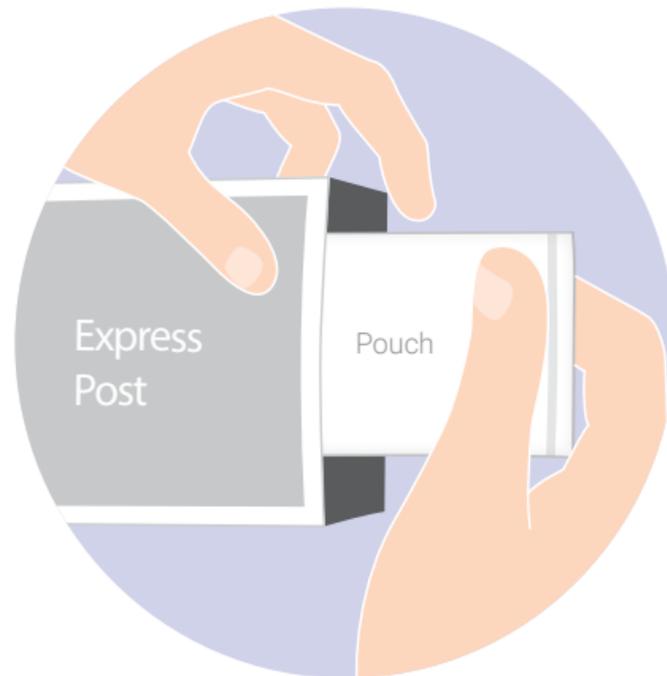


STEP 7

Send your sample

You will need to return your sample the same day the sample has been taken.

Place the sealed swab pouch and Bristol Stool Chart in the return paid envelope provided and seal it securely. Return to our laboratory by taking the package to your local post office or posting in any yellow express Australia Post box.



Frequently Asked Questions

Should I discontinue probiotics or supplements before sampling?

If these are part of your usual habits, there is no need to stop taking supplements or probiotics before taking the sample as you want to reflect your 'normal' microbiome. We suggest maintaining your normal supplement regime for two weeks prior to sampling and collecting a sample from a bowel movement that is typical for you. Some practitioners have their own preferences for pre-sampling preparation so if you are working with a practitioner, you should check with them and follow their guidelines. Consult with your practitioner before making any changes to prescribed probiotics or supplements and do not discontinue any medications without their advice.

Should I stick to my regular habits before sampling?

If you would like to see what your 'normal' gut microbiome looks like, stick to your normal habits for at least two weeks prior to sampling. The microorganisms inhabiting your gut are quite stable over time (in the absence of any major disruptions) and it is only their abundance that will change based on your diet and other habits.

For answers on more Frequently Asked Questions visit our website [co-biome.com](https://www.co-biome.com) or contact the Co-Biome Customer Service team on **1300 974 621** for more information.

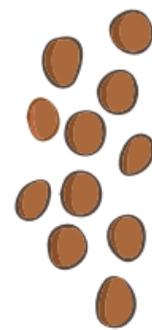
Frequently Asked Questions

How is my sample identified?

Your sample is identified by the QR code (square barcode) on the base of the sampling swab and your completed day of collection sticker.



Bristol Stool Chart



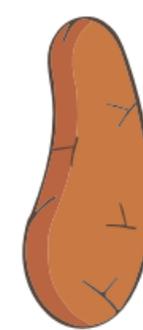
Type 1

Separate hard lumps like nuts (hard to pass)



Type 2

Sausage shape but lumpy



Type 3

Like a sausage but with cracks on its surface



Type 4

Like a sausage or snake, smooth and soft



Type 5

Soft blobs with clear-cut edges (passed easily)



Type 6

Fluffy pieces with ragged edges, a mushy stool



Type 7

Watery, no solid pieces; entirely liquid

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METAXPLORE™ IS ONLY AVAILABLE FOR PURCHASE THROUGH A HEALTHCARE PROFESSIONAL.

The metagenomic assays used in MetaXplore™ are to determine the microbiome populations and associated functional pathways in a faecal sample. The application is for research use only and is not to be used as a basis for diagnosis. Learn more about the journey we are on to validate this gold-standard technology for clinical diagnosis and application at co-biome.com.