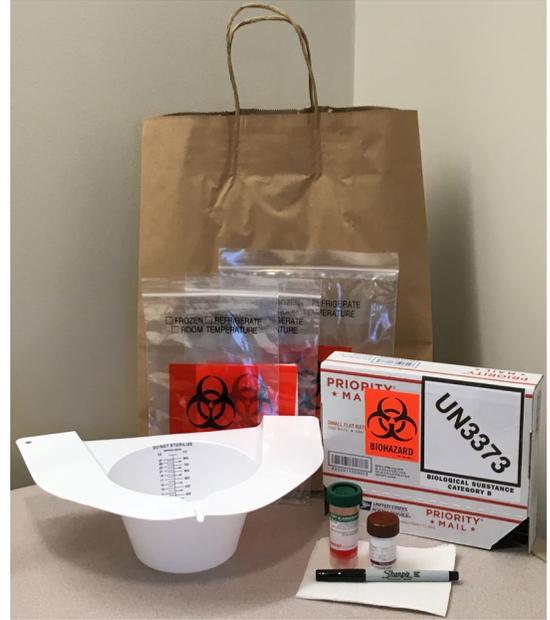


MGH Antimicrobial Resistance Research Study

You have received two stool sample collection kits inside one paper bag. One kit is for your pre-travel stool sample and one is for your post-travel stool sample. Each kit contains:

1. One stool collection “hat” (a white plastic container that looks like an upside-down hat)
2. Two stool specimen containers (one is a clear container with a green cap and pink fluid inside, the other is a white container with a brown cap and clear fluid inside)
3. Multiple strips of Parafilm (wax film to seal container)
4. Three biohazard bags: two small, one large (clear plastic with red biohazard symbol)
5. Paper towel (to wrap each stool specimen container)
6. One labeled, addressed and paid flat-rate shipping box with biohazard and UN3375 labels
7. One Sharpie



**Please mail your sample on a MONDAY morning for most efficient shipping and processing.
Please DO NOT mail your sample any later than a Tuesday unless absolutely necessary. Thank you!**

Instructions for stool collection:

1. Take one stool collection kit into the restroom. **It is very important that you use the correct kit.** The kit that is unwrapped and labeled “before travel” is for your pre-travel sample. The kit that is wrapped in a brown paper bag and labeled “kit for after travel” is for your post-travel sample. The specimen containers in each kit have unique labels. The labels provide accuracy of documentation when your sample gets to the lab at MGH.
2. If you need to empty your bladder, urinate into the toilet prior to providing your sample (we are looking for stool only).
3. Place the hat on the toilet seat and provide a stool sample. Please, do not place toilet paper in the sample.
4. Carefully open the green capped specimen container, ensuring that no liquid spills. Use the collection spoon attached to the cap of the specimen container to collect a scoop of stool.
5. Place 1 or 2 small scoops of stool into the container. The liquid should reach the arrow on the vial label and the stool should be completely submerged in the liquid. There should be no stool above the liquid line. **Screw the cap on tightly.**

Liquid to this line with no stool above liquid



6. Using the provided Sharpie, write the date and time of collection on the container label.

7. Carefully open the brown capped specimen container, ensuring that no liquid spills. Scoop only enough stool to cover half of the collection spoon attached to the lid. The stool needs to be submerged in the liquid, so in this case, less is more. **Securely tighten the cap** and turn the container upside down one time to mix the contents (no need to shake). Label the container with the date and time of collection.



- Using it like tape, stretch and wrap a strip of Parafilm around the cap where it meets the container. Make sure to wrap it in the same direction the cap tightens (clockwise) so the lid is not loosened during the wrapping process. This will seal the container and prevent any potential leaking during the shipping process.
- Wrap each stool specimen container in a paper towel and place each in their own small biohazard bag. Close the bag securely.



Wrap the sample container in paper towel



Place wrapped sample in small biohazard bag

- When both samples have been collected, remaining stool can be dumped into the toilet and the hat can be placed in your garbage.

You will need to store the samples in a refrigerator until you are able to mail them. However, we do recommend that you mail them as soon as possible after collection.

Mailing the samples:

- Place all collected samples, each in their small biohazard bags, into the large biohazard bag together.



- Place the large biohazard bag containing the two samples into the prepaid priority shipping box and seal.
- Ship the sample via US Postal Service by placing it in a drop box or by taking it to the post office.

You will NOT need to pay for shipping!

Compensation:

Once your sample has been received, we will mail a \$15.00 Amazon gift card to you as a thank you for participating in this study.

Contact for questions: Elizabeth Oliver, Study RN - email: eholiver@mgh.harvard.edu - phone: 617-643-3677