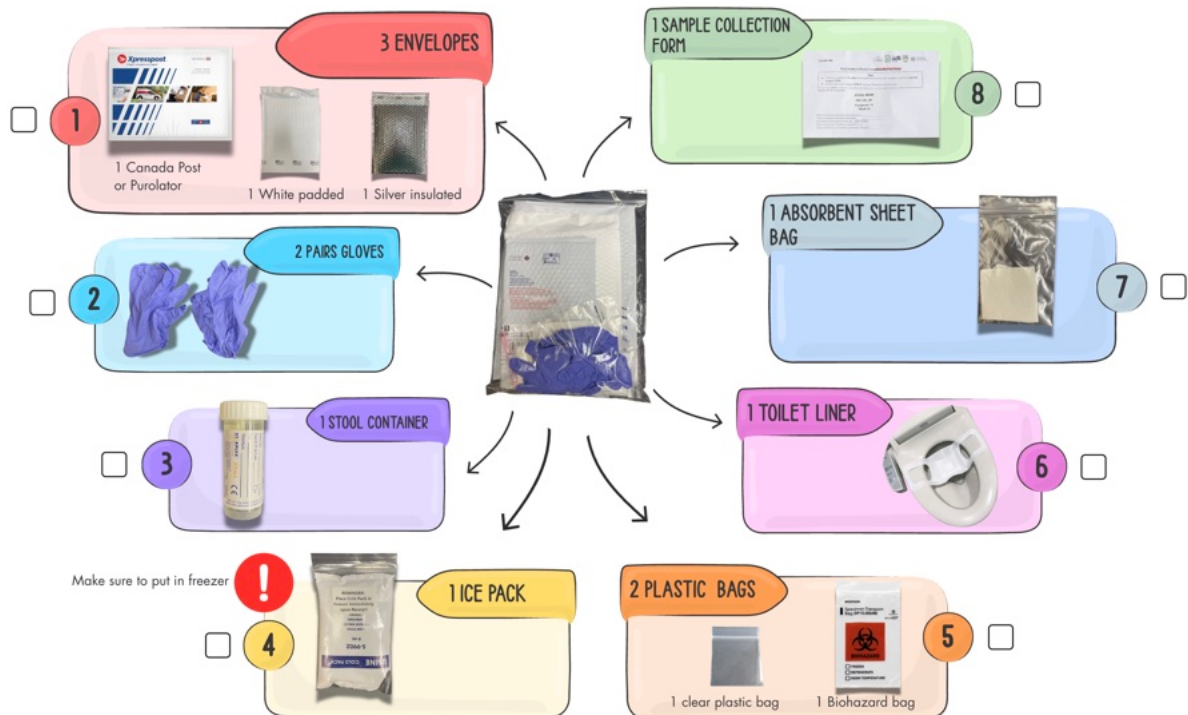


CALINA-IBD Study

Postpartum Stool Sample collection

Kit #2 and #3

1-MOM/BIRTHING PARENT STOOL SAMPLE COLLECTION



Kit contents: 3 envelopes (1 Canada Post, 1 White Padded, 1 Silver Insulated), 2 pairs of laboratory gloves, 1 Stool sample collection tube, 1 gel ice pack, 2 plastic bags (1 biohazard bag, 1 clear plastic bag), 1 Toilet liner, 1 Absorbent sheet bag, and 1 stool sample collection form.

QR Code to Step-by-Step Video Instructions:



URL to Step-by-Step Video Instructions:

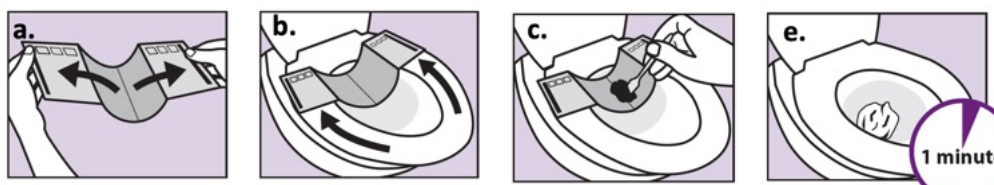
<https://www.youtube.com/watch?v=4vDYc9ecXiA>

General instructions

1. When you receive the kit (or at least 24h before collecting the sample): **place the gel ice pack in the small Ziploc bag into your freezer.**
2. Collect a sample of the **first bowel movement** of the day (post sample in mail **before 3 pm**).
3. Collect and send samples **only** between Monday to Wednesday so samples do not arrive in the laboratory over the weekend (if this step cannot be completed as described, please contact our team for guidance).
4. Dispose of the **large Ziploc bag** provided (which contains the kit) in the garbage.

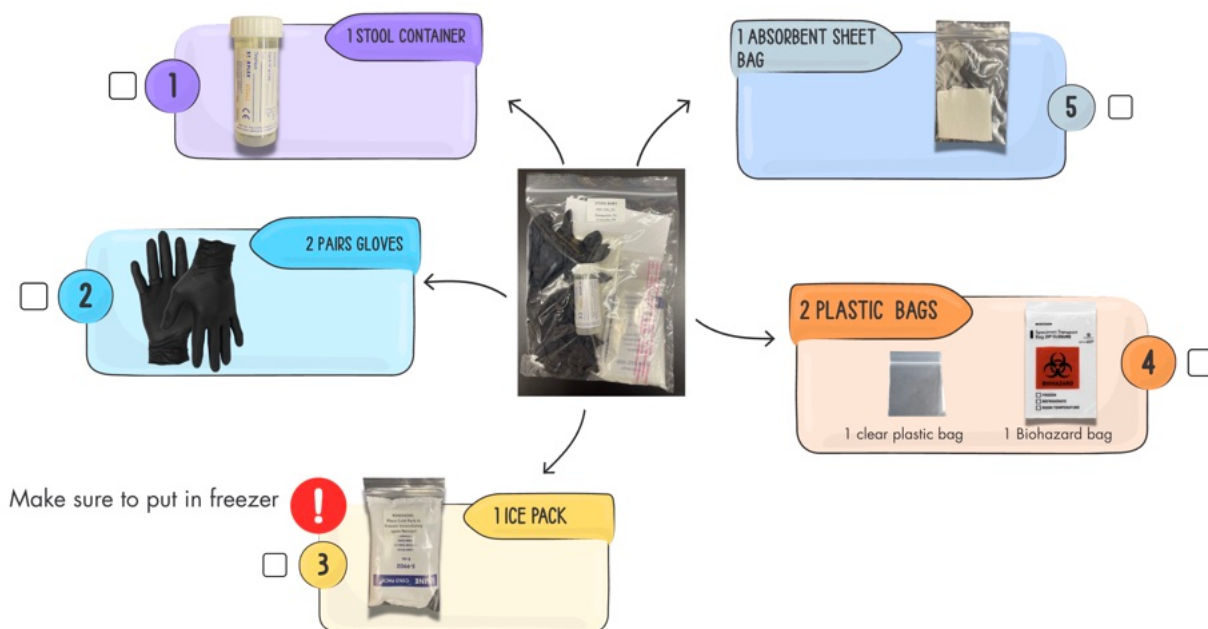
Stool sample collection

1. Wash your hands thoroughly before beginning the collection.
2. Put the first pair of gloves on, for sanitary reason.
3. Stick the **toilet liner** onto the toilet seat (**do not urinate on the toilet liner**) using the adhesive parts of the liners.
4. Following bowel movement, unscrew the lid of the **sample collection tube** - the lid has a scoop attached - using the scoop, collect several scoopfuls of stool from the toilet liner (**fill to around half of the tube**).



5. Re-screw the lid tightly on the sample collection tube.
6. The remaining stool and toilet liner can be flushed down the toilet.
7. Discard used gloves in the garbage and wash your hands with soap and warm water for at least 30 seconds.
8. Please write the **date and time of sample collection** on the collection form.
9. Store sample in the fridge and send back with your stool sample on the same day (Please refer to the last section for shipping instructions).

2-BABY STOOL SAMPLE COLLECTION



Kit contents: 1 Stool sample collection tube, 2 pairs of laboratory gloves, 1 Gel ice pack, 2 Plastic bags (1 biohazard bag, 1 clear plastic bag), 1 Absorbent sheet bag

General instructions

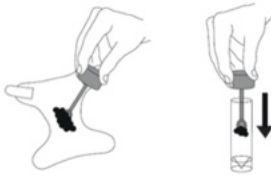
1. When you receive the kit (or at least 24 h before collecting the sample): **place the gel ice pack in the small Ziploc bag in your freezer.**
2. Collect a sample of the **first** bowel movement of the day (mail with yours **before 3 pm**).
3. Collect and send samples **only** between Monday and Wednesday so samples do not arrive in the laboratory over the weekend (unless you are told otherwise, Thursday shipping may be possible in some cases).
4. Dispose of the **large Ziploc bag** provided (which contains the kit) in the garbage.

Stool sample collection

1. Wash your hands thoroughly before beginning the collection.
2. Put the first pair of gloves on, for sanitary reason.
3. Lay the diaper out flat and open the collection tube.



4. Using the scoop attached to the lid of the collection tube, collect stool from the diaper and transfer into the collection tube. Repeat this step until **the tube is approximately half full.**



5. Re-screw the lid tightly on the sample collection tube.



6. Discard the rest of the stool with the diaper in the usual way.



7. Discard used gloves in the garbage and wash your hands with soap and warm water for at least 30 seconds.
8. Please write the **date and time of sample collection** on the label of the sample collection tube.
9. Store sample in the fridge and send back with your stool sample on the same day (Please refer to the last section for shipping instructions).

3-SHIPPING INSTRUCTIONS

1) Shipping Instructions (Mother and baby stool samples)

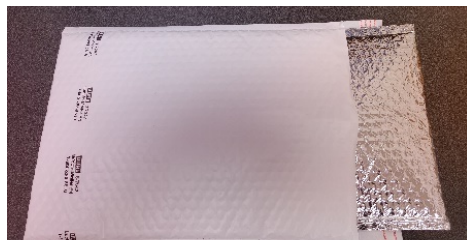
Mother Stool Sample:

1. Following sample collection, put on the second pair of laboratory gloves provided.
2. Wrap the **stool collection tube** in **absorbent sheets** and place it into the **second small Ziploc bag** provided. Seal the bag.
3. Place the **stool collection document** into the clear **small Ziploc bag** provided. Seal the bag.
4. Take the **frozen gel ice pack** out of freezer. Keep this inside the small Ziploc bag provided
5. Place the **Ziploc bag containing the gel ice pack** into the **front pocket** of the **Biosafety bag**. In the same pocket, place the **Ziploc bag containing the stool collection form**.
6. In the back pocket, place the **Ziploc bag containing your stool sample**.
7. Seal the Biosafety bag, ensure the Biosafety bag is fully closed.
8. Place your stool sample in the silver insulated envelope, **do not seal yet**.
9. Discard gloves in the garbage and wash your hands with soap and warm water for at least 30 seconds.



Baby Stool Sample:

10. **Repeat** steps below (1 to 9) with your baby's stool sample.
11. **Seal the silver insulated envelope** containing the **two biosafety bags** (one with your stool sample, 1 ice pack and the collection form, and one with your baby's stool sample, 1 ice pack, and the collection form).
12. Place the **silver insulated envelope** containing the sample into the plain large, white-padded **envelope**. Seal envelope.



13. Place the **plain large white padded envelope** into the **Canada Post pre-paid mailer**, seal the mailer and make sure the pre-addressed mailing label is on the outside of the envelope.



14. Drop off the pre-paid mailer in a **Canada Post Authorized Shipping Agent** near you **before the 3 PM pickup** on the day of sample collection to ensure next-day delivery to our laboratory.

To find a location near you:

Canada Post Retail	Canada Post Street Letter Box
	

Email the research assistant below and let them know that the sample has been sent:

Please remember: In order to avoid sample delivery on a weekend, please only collect and mail samples from **Monday through Wednesday - post before 3 pm.**

If you have any questions, please contact:

Mathilde Wilhelmy, Graduate Student, calina.ibd@ubc.ca