

# INSTRUCTIONS FOR COLLECTION OF MATERNAL STOOL SAMPLE

## EQUIPMENT REQUIRED:

- A large, thoroughly cleaned plastic container, such as a two litre ice-cream container
- Brown capped (opaque) specimen jar (in sample bag/esky, given out by BIS at 28 Wk review appt)
- Esky with the frozen ice pack (given out by BIS staff at your 28 Wk review appt)

## PROCEDURES:

1. Place the ice pack in your freezer prior to sample collection.
2. Empty your bladder before collecting the stool (poo) sample.
3. Place the large container in the toilet bowl, either on or above the surface of the water.
4. Empty your bowels directly into this large container.
5. Open specimen jar.



6. Using the scoop built into the lid of the specimen jar, collect a small amount of poo about the size of a twenty cent coin.



7. Place scooped poo sample into the specimen jar.



8. Discard the remaining poo.
9. Firmly screw the lid on the specimen container (taking care that it is not cross-threaded).



10. Please ensure the specimen jar is correctly labelled with your name & study number, date & time sample was collected.
11. Place the sealed specimen jar in the plastic hazard bag provided and immediately store in your freezer.



12. This **must** then be delivered to the BIS team at The Geelong Hospital strictly **within 48 hours** of collection. Transport with esky and icepack. If you have any questions about the collection or delivery of samples please call a member of the BIS team on **0400432976** (Mon-Friday 8am to 4pm)



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## MATERNAL STOOL SAMPLE

Name: \_\_\_\_\_ Please Circle: Fresh OR Frozen

Participant ID #: P|\_|\_|\_|\_|

Date of collection: \_\_\_/\_\_\_/\_\_\_ Time Collected: \_\_\_:\_\_\_ am/pm

# INSTRUCTIONS FOR COLLECTION OF MATERNAL URINE SAMPLE

## EQUIPMENT REQUIRED:

- Yellow capped specimen jar (in sample bag/esky, given out by BIS at 28 Wk review appt)
- Esky with the frozen ice pack (given out by BIS staff at your 28 Wk review appt)

## PROCEDURES:

1. Wash your hands thoroughly before beginning the collection.
2. Sit as far back on the toilet as possible
3. Hold the open specimen jar.
4. Urinate a small amount into the toilet. Do not collect any of this first urine.
5. Continue to urinate after a few seconds, collect some midstream urine into the open specimen jar.
6. Once you have enough urine in the jar (minimum requirement is 10ml), finish off passing the rest of your urine into the toilet.
7. Immediately replace the yellow lid to the specimen jar, ensuring that the lid is correctly threaded and securely closed.
8. Flush toilet.
9. Thoroughly wash your hands with soap and water.
10. Please ensure the specimen jar is correctly labelled with your name & study number, date & time sample was collected.
11. Place the sealed specimen jar in the plastic hazard bag provided and store in your refrigerator until delivery. **Note:** Prolonged delays in transport of fresh urine samples to the laboratory may affect some tests. If possible, collect the urine sample on the same day as delivery
12. Immediately before delivery, remove the urine sample from your refrigerator and place it in the Esky with the ice-pack and frozen stool sample.
13. If you have any questions about the collection or delivery of samples please call a member of the BIS team on **0400432976** (Mon-Friday 8am to 4pm).



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## MATERNAL URINE SAMPLE

Name:

Participant ID #: P | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |

Date of collection: \_\_\_/\_\_\_/\_\_\_ Time Collected: \_\_\_:\_\_\_ am/pm

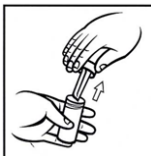
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- Esky with the frozen ice pack (given out by BIS staff at your 28 Wk review appt)

## PROCEDURES:

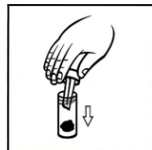
1. Place ice pack in your freezer prior to sample collection.
2. Empty your bladder before collecting the stool (poo) sample.
3. Place the large container in the toilet bowl, either on or above the surface of the water.
4. Empty your bowels directly into this large container.
5. Open specimen jar.



6. Using the scoop built into the lid of the specimen jar, collect a small amount of poo about the size of a twenty cent coin.



7. Place scooped poo sample into the specimen jar.



8. Discard the remaining poo.
9. Firmly screw the lid on the specimen container (taking care that it is not cross-threaded).



10. Please ensure the specimen jar is correctly labelled with your name & study number, date & time sample was collected.
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Name: \_\_\_\_\_ Please Circle: Fresh OR Frozen

Participant ID #: P | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |

Date of collection: \_\_\_/\_\_\_/\_\_\_ Time Collected: \_\_\_:\_\_\_ am/pm

# INSTRUCTIONS FOR COLLECTION OF MATERNAL URINE SAMPLE

## EQUIPMENT REQUIRED:

- Yellow capped specimen jar (in sample bag/esky, given out by BIS at 28 Wk review appt)
- Sterile Water Wipes (if you have some at home)
- Esky with the frozen ice pack (given out by BIS staff at your 28 Wk review appt)

## PROCEDURES:

1. Wash your hands thoroughly before beginning the collection.
2. Take the first sterile wipe and cleanse the vaginal area with down strokes only.
3. Discard the first wipe and repeat the process with a second wipe. Allow to dry.
4. Sit as far back on the toilet as possible
5. Hold the open specimen jar.
6. Urinate a small amount into the toilet. Do not collect any of this first urine.
7. Continue to urinate after a few seconds, collect some midstream urine into the open specimen jar.
8. Once you have enough urine in the jar (minimum requirement is 10ml), finish off passing the rest of your urine into the toilet.
9. Immediately replace the yellow lid to the specimen jar, ensuring that the lid is correctly threaded and securely closed.
10. Flush toilet.
11. Thoroughly wash your hands with soap and water.
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Participant ID #: P | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |

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