Instructions for self-collection of stool samples

1. Check items

1.1 collection tube (Surstedt, German), as shown in figure 1.

![Figure 1](image1)

1.2 Medical care mat, as shown in figure 2.

![Figure 2](image2)

1.3 Valve bag, as shown in figure 3.

![Figure 3](image3)

1.4 Ice packs, as shown in figure 4.
1.5 Foam box, as shown in figure 5.

Figure 5

2. Conduct self-collection according to the following steps:

2.1 Place the ice bag in the freezer chamber of the refrigerator to freeze (at least 12h for freezing time).

2.2 Urinate before defecating.

2.3 Lift up the toilet seat, put the medical care mat on, and cover the toilet seat. The specific operations are shown in the following order in figure 6: 

①(Lift up the toilet seat)→②(Put the medical care mat on)→③(Cover the toilet seat)

Figure 6
2.4 At this time, you can sit on the toilet to defecate. Be careful not to urinate during the defecation process. If you accidentally urinate, the stool sample will not be collected this time. You can explain the situation to the researchers and conduct a second collection.

2.5 After defecation, a sterile stool sampler is used to remove the middle part of the stool.

2.6 Tighten screw caps after taking 1 spoonful from each pipe. After collection, the remaining feces will be thrown to the toilet for cleaning, and the medical care mat will be discarded.

2.7 Put the stool collection tube in the valve bag and seal it.

2.8 Take out the ice bag from the refrigerator, put the ice bag and valve bag (the stool collection tube should always be in an upright position) into the foam box, and bring it to the researcher.