

Gutfeeling Labs

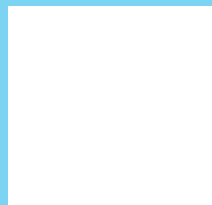
Instruction sheet



Start here

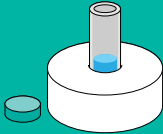
1. Activate your sampling kit

Go to **<https://my.gutfeelinglabs.se/sv/activate>** via your browser or scan the QR code on the right with your mobile camera. Follow the instructions and complete the process before proceeding to the next step.



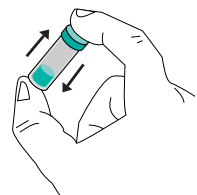
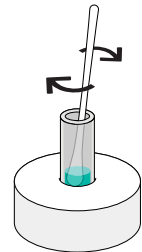
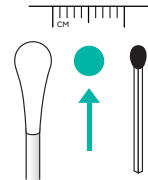
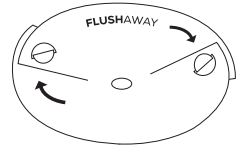
2. Sampling procedure

Read through all the steps before starting.



NOTE: The test tube contains a liquid that must not be spilled. The foam rubber ring is there to prevent the tube from tipping over. Therefore, leave the tube in the foam rubber ring until the sample is taken and the cap is screwed on.

1. Urinate.
2. Fold the funnel by inserting the tabs into the slots. Place the funnel in the toilet without it touching the water.
3. Leave your sample on the funnel.
4. Take a sample with the swab. For soft stools, cover the top with sample material. For solid stools, take a sample the size of a peppercorn, or two match heads.
5. Flush a little to moisten the funnel, then flush fully to dissolve the funnel.
6. Spin the sample towards the bottom of the test tube for about 15 seconds. Then turn the swab against the inner wall of the tube (to squeeze the liquid out of the top). Finally throw away sample tool. Do not break off the top, it should not be present in the tube.
7. Close the cap firmly.
8. Shake vigorously for 15 seconds.



If you did not succeed with the funnel, you can try putting about 1 meter of toilet paper on the water, which can catch the sample. Sit forward on the toilet seat.

If you happen to urinate on the sample, this will not affect your analysis result. In the event of a urinary tract infection, the bacteria in principle always derive from the own gut flora. If you happen to touch the tip against the WC porcelain when taking the sample, this will not affect your analysis result.

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3. Submit your sample

NOTE: If you have not completed step 1 “Activate your sampling kit” in this instruction, we will have no way of linking the test result to you and your analysis will be lost. It is therefore of the utmost importance that you complete the activation before submitting your sample.

Place the test tube in the plastic bag containing a napkin. Then put this plastic bag in the return envelope. You need to put a stamp on the return envelope. If you use another envelope, it should be addressed to:

Gutfeeling Labs AB
Medicon Village Scheelevägen 2
223 81 Lund Sweden





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labs

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Version 1.1