

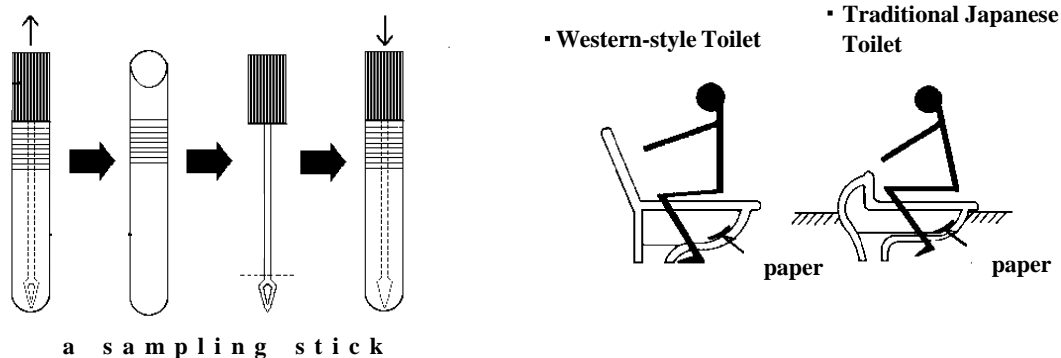
# How to collect a stool sample

**JIFE**

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For an accurate examination, please refer to the following directions and precautions and transfer your stool sample into the provided container.

**Figure 1**



- (1) Remove the cap by pulling in the direction of the arrow (↑) .
- (2) The container comprises a sampling stick and the container body, containing preservation liquid (jelly).
- (3) Gently insert the sampling stick into your stool to the depth of ----- (2 or 3 times).
- (4) Check whether the stool is attached to the sampling stick.
- (5) Press the sampling stick into the container with the preservation liquid, until it makes a clicking sound.

\*As illustrated in Figure 1, sit backwards on a Western-style toilet or squat over the end of a traditional Japanese toilet, and prevent the paper from soaking up the water as much as possible.

\*As illustrated in Figure 2, take an adequate amount of sample and make sure to close the cap of the container.

\*Avoid exposure to heat or direct sunlight during storage.

\*Although the preservation liquid is designed to prevent any changes in stool for three to seven days, please submit your stool sample soon after collecting it.

**Figure 2**

