

Sample collection instructions for MICROBIOME

1. Activate your Kit



Em rm <https://en.diploidegenetics.com/copy-of-registro-de-especimenes> to activate your sample kit with the assigned code.

2. Take the sample



After your first bowel movement, clean normally. Use the cotton swab to lightly run over the toilet paper (about a rice-size sample).

Place the cotton swab into the primary tube and shake vigorously for 20 seconds or until the collection fluid turns color. Close the tube and shake for 5 seconds.

3. Send it back by courier

