

SAMPLE COLLECTION KIT INSTRUCTIONS

If any of these items are missing from your kit, please call us at (520) 626-1678 or email us at CoVHORT-GI@arizona.edu

1

Part One: Inventory & Preparation

Content Checklist

Ensure your kit contains the following items:

- | | |
|--|-----------------------------|
| (1) Fecal collection tube | (1) Ice pack |
| (1) DNA/RNA Shield fecal collection tube | (1) Specimen sealable bag |
| (2) Tasso+ blood sample collection kits | (1) Insulated bubble mailer |
| (1) Pair of disposable gloves | (1) FedEx pak (poly mailer) |
| (1) Commode (toilet hat) | (1) Biospecimen survey |

General Preparation

- Read all instructions **before** collecting samples
- Place ice pack in freezer for a minimum of 4 hours or until frozen
- Plan to collect stool samples **before** collecting blood samples
- Store all samples in refrigerator before shipping - **DO NOT** store samples in the freezer!
- Plan to return kit within 24 hours after collecting blood samples
- Try to be well-hydrated before collecting blood samples
- Collect and ship samples early in the week if possible

2

Part Two: Stool Sample Collection

Prepare stool container

1. Wash hands and don disposable gloves
2. Place commode (toilet hat) onto rim of toilet seat, then close toilet seat to hold the hat in place
 - a. If you need to pee, do this **before** placing commode on toilet
3. Sit on the toilet to have a bowel movement (poop)



Do not let the sample go directly into the toilet bowl & do not pee on your stool sample!

Stool Sample Collection #1 (DNA/RNA Shield - brown cap)

Stool Sample Collection #2 (Fecal Collection Tube - blue cap)

Collect Stool Sample

4. Unscrew the collection tube and use spoon attached to lid to scoop one spoonful of stool (only 1g or 1mL is needed)



6. Unscrew the collection tube and use spoon attached to lid to scoop one spoonful of stool (only 1g or 1mL is needed)



Be sure no toilet paper is mixed in with your stool samples

Prepare Collection Tube

5. Place spoon into solution of collection tube and screw on tightly. Mix vigorously by shaking or inverting



7. Place spoon into collection tube and seal completely



Reminder: Do NOT store stool samples in the freezer

3

Part Three: Blood Sample Collection

Preparation

1. Wash hands thoroughly with soap and warm water
2. Device will be placed on upper arm - remove excess hair if needed
3. Collect all needed items and remove device from tray
4. Twist off cap from compatible tube; press tube into device until snug with fill lines facing out
5. Follow heat pack instructions to activate; rub heat pack or hand up and down shoulder for 2 mins to warm and increase blood flow
6. Clean area with alcohol pad and allow to dry



2min

Collect Sample

7. Remove clear cover from red button; peel tab away from device and stick device to upper arm (hang arm straight down at side)
8. Press button all the way down ONCE and release
9. Set timer for 5 minutes (Note: blood may not appear for first 1-2 minutes; remove device after 5 minutes or sooner if blood reaches the top line before 5 minutes)



5min

Note: blood sample collection instructions and link to demo video are also available within Tasso+ kits

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SAMPLE COLLECTION KIT

INSTRUCTIONS

3

Continued

Removal & Packaging

10. Remove device by peeling from one side
11. Remove tube from device with a slight twist and pull down
12. Snap cap carefully onto tube; invert tube per manufacture labeling (10x)
13. Repeat steps 2-12 of Part 3 with second Tasso+ device on other arm
14. Wash hands after use



Reminder: Do NOT store blood samples in the freezer

4

Part Four:
Shipping
Preparation

Sample Packaging

1. Blood samples: place 1st collection tube into specimen bag from Tasso+ kit (orange bag) and seal completely. Do **not** remove absorbent sheet
2. Repeat step 1 for the 2nd tube using the specimen bag from the 2nd Tasso+ kit
3. Stool samples: Place both stool collection tubes (2) into the specimen collection bag (red bag) and seal completely
4. Complete biospecimen survey



TIPS & NOTES:
1) Remove extra air from biospecimen bags
2) Tasso+ box in bubble mailer will be snug, but it will fit!

Mailer Packaging

1. Remove all remaining packaging (if any) from one of the Tasso+ boxes. Remove frozen ice pack from freezer and place in empty Tasso+ box
2. Place all specimen bags (3) into Tasso+ box on top of ice pack. Close and seal box. The other Tasso+ box can be discarded
3. Place Tasso+ box into bubble mailer and seal completely
4. Place bubble mailer and completed biospecimen survey into FedEx pak and seal completely



Reminder: please ship within 24 hours of blood sample collection (early in the week if possible) & do not remove ice pack from freezer until you are ready to drop package off at FedEx

5

Part Five:
Shipping

Find Drop-Off Location

Go to the link below or scan the QR code to find an accepted FedEx drop-off location to ship your package free of charge:
<https://local.fedex.com/en-us/az/>



Return Sample to FedEx

Drop off package at FedEx location of choice



Next Steps

Once we have received your completed collection kit, you will receive your \$50 electronic gift card via email



Questions ?

Call us at 520-626-1678 to leave a message or email us at CoVHORT-GI@arizona.edu



What's Next?

Thank you for participating in our study!

Your participation is invaluable in helping us learn more about potential long-term health effects of COVID

