THE ARIZONA CoVH*RT GI

SAMPLE COLLECTION KIT

INSTRUCTIONS

If any of these please call us at (520) 626-1678 or email us at

Part ()ne:

Inventory & Preparation



Content

Checklist

Ensure your kit contains the following items:

- (1) Fecal collection tube
- (1) DNA/RNA Shield fecal collection tube
- (2) Tasso+ blood sample collection kits
- (1) Pair of disposable gloves
- (1) Commode (toilet hat)

- (1) Ice pack
- (1) Specimen sealable bag
- (1) Insulated bubble mailer
- (1) FedEx pak (poly mailer)
- (1) Biospecimen survey

- 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



Part Two:

Stool Sample Collection

Prepare stool container

Collect

Stool

Sample

Collection

Tube

1. Wash hands and don disposable gloves



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 our stool sample

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

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



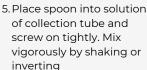
Stool Sample Collection #2 (Fecal Collection Tube - blue cap)

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



Prepare

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





7. Place spoon into collection tube and seal completely



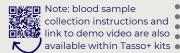


Reminder: Do NOT store stool samples in the freezer



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



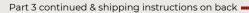




- 7. Remove clear cover from red button; peel tab away from device and stick device to upper arm (hang arm straight down at side)
- 8. Press button all the way down ONCE and release
- 9. Set timer for 5 minutes (Note: blood may not appear for first 1-2 minutes; remove device after 5 minutes or sooner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







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- 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
- 13. Repeat steps 2-12 of Part 3 with second Tasso+ device on other arm
- 14. Wash hands after use







Part Four: Shipping Preparation



Sample

Packaging



Reminder: Do NOT store blood samples in the freezer

- 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



- 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





TIPS & NOTES:



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:

drop package off at FedEx



Part Five:

Shipping



Find

Drop-Off

Location

Drop off package at FedEx location of choice

https://local.fedex.com/en-us/az/







Ouestions

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



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



Thank your participating in our study!

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

