



### Equipment

- 2 x Sterile screw top universal containers
- 1 x Paper bag for transportation

### Requirements

1. Collect a sample of your first morning specimen of urine (water) into one container.
2. Collect a sample of your bowel motion (stool) into the second container and bring both specimens to the rooms as soon as possible.
3. Keep specimens in the fridge until leaving home – do not freeze. Be sure to place samples into the brown paper bag provided.
4. On arrival at our rooms, a sample of blood will be collected.