



**Gut Microbiome in Low Back Pain Study – Instructions for Participants**

Dear participant,

Thank you for joining the Gut microbiome in low back pain study.

This document will guide you on the procedures you should follow at home to complete your participation in the study. Should you have any questions regarding the study don't hesitate to contact us at [research4pain@muhc.mcgill.ca](mailto:research4pain@muhc.mcgill.ca) or by phone at 514-934-1934 ext.: 44348.

**(If you have fever, a new cough, or are having difficulty breathing, please contact us before collecting the sample)**

In order to complete the study, you should have the following items:

1. A stool collection kit and a toilet accessory, marked with your name
2. A bio-specimen plastic bag
3. A stamped envelope

**Collecting the stool sample**

[If you would like to see a video of the following instructions, please google “OM-200 instructions”]

**IMPORTANT: Before collecting the stool sample please make sure that you use the kit with your name on it.**

- **Wash your hands following the hand washing instructions before collecting the sample**
- Empty your bladder before collecting the stool sample
- Place the toilet accessory on the toilet seat as illustrated in the brochure. Avoid any contact between the toilet accessory and water, urine or other liquids.
- If the sample comes into contact with water, urine or diarrhea wait for the next bowel movement.
- Open the OmniGene Gut 200 kit.
- Remove the purple cap from the tube (make sure you do NOT remove the yellow cap).
- Use the spatula to take a small amount of stool, and place it in the yellow tube-top. Do NOT push the sample into the tube. Repeat this until the yellow tube-top is full.
- Cap the tube with the purple top and seal tightly.
- **Shake** the tube using hard and fast motions for **30 seconds**.
- Place the tube in the plastic bag, and seal it.
- Write the date the stool was collected here (YYYY/MM/DD): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Filling-in the online questionnaire**

- Go to the following link: <https://surveys.mcgill.ca/ls3/328756?lang=en> and follow the instructions on the screen. (Filling in the questionnaire should take no longer than 5 minutes.)
- Please make sure that you fill-in the questionnaire on the same day that you collect the stool.

**Mailing the sample**

- **Wash your hands as per the instruction before preparing the package**
- Please place the following in the attached envelope, labeled “Exempt Human Specimen”:
  - A stool samples in the bio-specimen plastic bag.
  - This form, containing the date of sample collection.
  - Any other samples and questionnaires which were included in this package.
- Place the envelope in any Canada Post letter box or office.

Thank you for participating in the study!

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