

## Instructions for stool samples shipment

Stool samples can be stored for shipment in 95% EtOH or RNAlater or Stool Norgen Preservative.

### Reagents and equipment required:

- ✓ PowerBead Tubes, Garnet 0.70 mm (QIAgen, cat.no. 13123-50)
  
- ✓ EtOH 95% (prepared fresh)  
or
- ✓ Stool Preservative (Norgen)  
or
- ✓ RNAlater (Ambion, cat. no. AM7020) or RNAlater (QIAgen, cat. no. 76104)

### Instructions:

- Compile the spreadsheet with LABEL\_ID and SAMPLE\_ID of each sent tube;
  
- Fill PowerBead tube with 100 mg of stool and add 500ul of storage solution (95% EtOH or Norgen Stool Preservative or RNAlater), clearly label each tube;
  
- Place the tubes on a vacuum-sealed, or at least well closed, plastic bag and put them in a padded envelop (shipment can be done at room temperature).