



Tapestry 2.0

Specimen Collection Instructions

Read this instruction sheet completely before collecting any samples.

Thank you for your participation in Tapestry 2.0.

Step 1.

Find and verify all the listed kit components.

- Biospecimens Accessioning & Processing Requisition Form with your name and date of birth
- Purple labeled Stool Collection Kit
- Purple stool collection instructions
- Two (2) stool collection systems made of paper and cardboard
- Blue labeled Saliva Collection Kit
- Blue saliva collection instructions
- Orange labeled Urine Collection Kit
- Orange urine collection instructions
- Return shipper box containing Styrofoam cooler with freeze brick and paper towel
- Three (3) strips of packing tape for return shipping



If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Step 2.

Remove the freeze brick and place it in your freezer.

It should freeze at least overnight before collecting any specimens.



Step 3.

Verify contents of blue labeled Saliva Collection Kit.



- Saliva collection kit
- One (1) plastic biohazard sample bag with absorbent sheet inside



If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Step 4.

Replace contents of blue labeled Saliva Collection Kit in box until ready to collect sample.

Step 5.

Verify contents of purple labeled Stool Collection Kit.

Stool Sample Collection Kit



- Three (3) 25-mL fecal vials with built-in spatula
- Two (2) pairs latex free exam gloves
- Three (3) pieces of parafilm (waxy film)
- One (1) wooden spatula (popsicle stick)
- One (1) plastic biohazard sample bag with absorbent sheet inside
- One (1) Hemocult stool card
- One (1) small plastic bag for stool card



If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Step 6.

Replace contents of purple labeled Stool Collection Kit in box until ready to collect sample.

Step 7.

Verify contents of orange labeled Urine Collection Kit.



- One (1) urine collection container
- One (1) pair latex free exam gloves
- Two (2) strips parafilm (waxy film)
- Two (2) packages cleansing towelettes
- One (1) plastic biohazard sample bag with absorbent sheet inside



If you are missing any of the items above, or anything appears incorrect or damaged, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Step 8.

Replace contents of orange labeled Urine Collection Kit in box until ready to collect sample.

Step 9.

Confirm blood draw date, time, and location.



You should have received (or will soon receive) a communication from Mayo Clinic with details on how to complete your blood draw. When your appointment is scheduled, you may record the date, time, and location below.

Blood draw appointment date: _____

Blood draw appointment time: _____ am pm

Blood draw appointment location: _____

Step 10.

Plan your sample collections and digital survey.

- Blue labeled **Saliva Collection Kit**
- Purple labeled **Stool Collection Kit**
- Orange labeled **Urine Collection Kit**
- Blood collection
- Nutrition and Sleep Survey

Once your first sample is collected, you should try to collect all remaining samples in the next 24 to 48 hours. It does not matter in which order you collect samples. Plan for FedEx shipping later that same day or next day.

Try to complete your survey during this 24- to 48-hour period as well. Instructions on completing this survey will be sent to you in an email with the subject line “Mayo Clinic Tapestry 2.0 | Nutrition and Sleep Survey.”

If you have any questions about collecting your samples, reach out to the study team at Tapestry2@mayo.edu before moving forward.

Step 11.

Collect all samples and complete Nutrition and Sleep Survey.

Read through the instructions for each sample type completely before beginning sample collection.

Record the date and time you collect each sample type on the Biospecimens Accessioning and Processing Requisition Form.

- Blue labeled **Saliva Collection Kit**
- Purple labeled **Stool Collection Kit**
- Orange labeled **Urine Collection Kit**

Note: If you cannot collect saliva, stool, and urine samples at the same time, place the samples you have collected in the refrigerator, each inside their sealed plastic biohazard sample bag, until other samples are collected and you are ready to ship everything back. Do not store for more than 1 to 2 days.

Return Samples Instructions

Step 12.

Arrange for FedEx return shipping of samples (saliva, stool, stool card, and urine).

- Refer to Instructions for Returning Your Samples with FedEx for instructions on finding a FedEx drop off location or scheduling a pick-up.

Note: If you are unable to arrange shipment on the same day you collect your samples, place the samples (each inside their sealed plastic biohazard sample bag) in your refrigerator until you can schedule FedEx pick-up or arrange to deliver to a drop-off location. Do not store for more than 1 to 2 days.

Step 13.

Once you have collected all your samples (saliva, stool, stool card, and urine), pack them in the return shipping container.

- Remove the freeze brick from your freezer and place it into the bottom of the Styrofoam cooler.
- Place the paper towel on top of the freeze brick.
- Place the samples, sealed in their plastic biohazard sample bags, into the cooler.
- Place the Hemocult stool card, sealed in the small plastic bag, into the cooler.
- Replace the cooler top – do not tape shut.
- Place the completed Biospecimens Accessioning and Processing Requisition Form in the plastic pouch on the outside of the cooler.



- Tape shut the return shipping box with the packing tape provided.



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