



Precure Study

Sample Collection Instructions

Read this instruction sheet completely before collecting any samples.

Thank you for your participation in the **Mayo Clinic Precure Study**.

Please try to plan on collecting and returning your samples (saliva, stool, urine, and blood) within 1-2 days of your blood draw, if possible.

Verify Contents

Step 1: Find and verify all the listed kit components

- ☐ Biospecimens Accessioning & Processing Requisition Form with your date of birth and initials
- ☐ Blue labeled **Saliva Collection Kit**
- ☐ Blue saliva collection instructions
- ☐ Purple labeled **Stool Collection Kit**
- ☐ Purple stool collection instructions
- ☐ Two (2) stool collection systems made of paper and cardboard
- ☐ 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
- ☐ One (1) plain white paper bag



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

Freeze Brick

Step 2: Remove the freeze brick and place it in your freezer

The freeze brick is at the bottom of the Styrofoam cooler in the return shipper.

It should freeze at least overnight before collecting any samples.



Verify Collection Kit Contents

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 MayoClinicPrecure@mayo.edu before moving forward.

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

Step 4: 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
- ☐ One (1) paper towel



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

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

Step 5: Verify contents of orange labeled Urine Collection Kit

Urine Sample 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 MayoClinicPrecure@mayo.edu before moving forward.

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

Plan/Confirm Blood Draw

Step 6: Confirm blood draw date, time, and location



You should have received (or will soon receive) a communication from the Precure Study Team with details on how to complete your non-fasting 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: _____

Plan Sample Collections and Survey Completion

Step 7: Plan your sample collections and digital survey

Please try to plan on collecting and returning your samples (saliva, stool, urine, and blood) within 1-2 days of your blood draw, if possible.

- Blood collection
- Saliva collection
- Stool collection
- Urine collection
- Nutrition survey

Once your first sample is collected, you should try to collect all remaining samples in the next 1-2 days. **It does not matter in which order you collect samples.** Plan for FedEx shipping later that same day or next day, if possible.

Please try to complete your nutrition survey during this same period as well. Instructions on completing this survey will be sent to you by email or on the mobile app.

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

Collect Samples and Complete Survey

Step 8: Collect Samples

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 & 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, use the provided white paper bag to store your sealed plastic biohazard sample bags in your refrigerator until you are ready to ship everything back. Please try to collect all three sample types within 1-2 days.

Step 9: Complete Survey

Please try to complete your nutrition survey during this same period as well. Instructions on completing this survey will be sent to you by email or on the mobile app.

Return Samples

Step 10: Arrange for FedEx

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

Refer to **Instructions for Returning Your Samples with FedEx** for information 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, please place the white paper bag containing 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. Try not to store for more than 1-2 days.

Step 11: Pack Samples

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 in the return shipper.
- ☐ Place the paper towel on top of the freeze brick.
- ☐ Place the white paper bag containing the samples, sealed in their plastic biohazard sample bags, into the cooler.
- ☐ Replace the cooler top – do not tape shut.
- ☐ Place the completed Biospecimens Accessioning & Processing Requisition Form in the plastic pouch on the outside of the cooler.



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



Step 12: Ship samples (saliva, stool, stool card, and urine)

Please refer to the **Instructions for Returning Your Samples with FedEx**. You can use these instructions to drop your kit off at a FedEx Office or arrange for FedEx to pick up your samples.

- ☐ Do not attempt to drop your kit off at a Mayo Clinic location. Kits must be shipped back via FedEx.
- ☐ Mayo Clinic Precure Study kits cannot be dropped off at a FedEx Drop Box due to their size. Drop off needs to occur at a FedEx office.
- ☐ Do not allow the shipping container to sit outside or in a vehicle for an extended period.

Notes

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