



Comparison of microbial composition and function in fibromyalgia patients vs. healthy individuals

Instructions for Participants

Dear participant,

Thank you for joining the Fibromyalgia-Microbiome 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 study4pain@gmail.com or by phone at 514-934-1934 ext.: 44348.

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

1. Two stool containers
2. A toilet accessory
3. A zip-locked plastic bag with a temperature indicator
4. A thermal bag with two icepacks

Upon your arrival at home

- When you arrive home, put the thermal bag, containing the icepacks, in the freezer. The bag should be kept in the freezer for at least 12 hours before samples can be stored in it.
- Keep the plastic bag with the two tubes at room temperature until stool samples are collected.

Collecting stool samples

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

- 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.
- Take the second stool container, open it, and use the spoon attached to its cap to take a small amount of stool. Then close the white top tightly.
- Place both tubes in the plastic bag.
- Activate the temperature indicator by folding and then pulling on its top. Then place it in the plastic bag.
- Place the plastic bag in the thermal bag and return to the freezer.

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Filling-in the dietary questionnaire

- Log into the following website: **asa24.nci.nih.gov**.
- Fill-in your **User Name: FMS** and **Password: FMS** .
- Follow the instructions on screen until you reach the last screen saying “Thank you for your participation”.

Delivering the stool sample

- After collecting the stool samples, they should be stored in the freezer for at least 12 hours before they can be delivered.
- Once the samples are ready and the dietary questionnaire is full, contact the study team at study4pain@gmail.com or by phone at 514-934-1934 ext.: 44348 to schedule the second visit.

Thank you for participating in the study!

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