

Development of methods and algorithms for diet design based on gut microbiota analysis

Study protocol

Number of clinical trial: 1631

Project number: NSP67

Approved by Ethical Committee of National Institute for Health Development

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General plan

Time	Activity
Day 1, 2 ... 31	Food diary (at least 3 days before fecal sampling)
Day 1	Questionnaire about health conditions
Day 4 and 32	Faecal sampling, Bristol and bowel habit estimation
	Sending sample to the lab
	Weight measurement

Activity plan

1. Start keeping a food diary, 3 days before the first faecal sample is collected. Keep a diary (on paper, in a word processor, or in a web-based nutrition program) of everything you drove and drank during the day (including any breaks).
2. Fill in the questionnaire (on paper, in a word processing program or online).
3. On day 4 take a sample of the faeces using both the spoon method and the cotton swab method (instructions below).
4. Send samples just after the sampling to the lab using the storage box placed in the sending box labelled with address.
5. Start keeping the diet plan according to the instructions provided by the nutritionist.
6. On day 32 take a sample of the faeces using both the spoon method and the cotton swab method (instructions below).
7. Send samples just after the sampling to the lab using the storage box placed in the sending box labelled with address.

Instruction for faecal sampling

1. Use FecesCatcher for faecal sampling.
2. Stick the FecesCatcher paper collector on the back of the toilet seat with self-adhesive edges (NB! Do not touch the waterline, see illustrated instruction on the separate sheet provided).
3. Avoid getting urine (and water) in the FecesCatcher, as this can cause the paper to break.
 4. Collect the stool on paper so that it does not mix with urine.
5. Evaluate the consistency of the faeces using the Bristol scale and the color of the faeces. Mark this on the attached sheet.
6. Take a sample of the faeces using both
 - a. the spoon method (follow the detailed instructions provided on the separate sheet)



- b. the cotton swab method (follow the detailed instructions provided on the separate



sheet)

- 7. After sampling, release the FecesCatcher from the toilet seat, press the edges together, and allow them to fall into the pot and flush down
- 8. Video instruction: <https://www.youtube.com/watch?v=hsAyURaBKv0>