

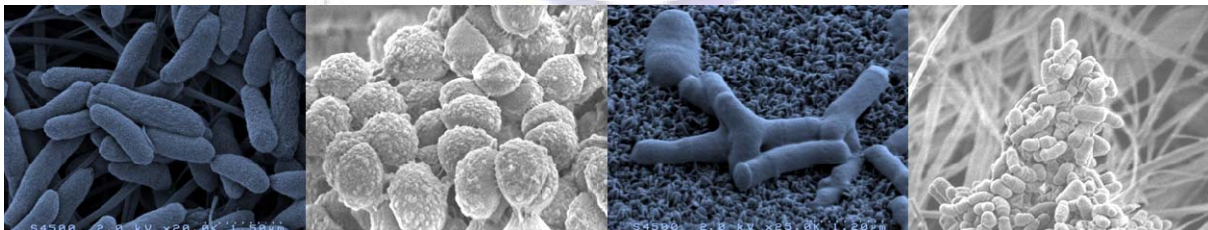


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**IHMS – QUALITY PROCEDURE**  
**International Human Microbiome Standards**  
<http://www.microbiome-standards.org>

**IHMS SOP 03 V1: STANDARD OPERATING PROCEDURE FOR FECAL SAMPLES**  
**SELF-COLLECTION**

**LABORATORY ANALYSIS HANDLED WITHIN 4 TO 24 HOURS**  
**(4 HOURS  $<x \leq 24$  HOURS)**



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## Introduction

IHMS seeks to coordinate development of standard operating procedures (SOPs) and protocols that will optimize data comparisons in the human microbiome field. The IHMS project concentrates on following objectives:

- Coordinate standardization of procedures and protocols within the existing Human Microbiome research programs and those yet to come,
- Gather and compare the protocols used to collect, identify and process human samples and aid to develop the standard operating procedures for sample collection, identification and processing,
- Compare sequences of genes and genomes of human-associated microorganisms generated by various methodologies and approaches, and to develop standards to define sequence quality and recommend procedures to reach the standards,
- Assess the approaches and procedures used to analyze the sequence data and the associated metadata and recommend standards for data analysis.

Beside these objectives, IHMS project aims at ensuring the optimal public access and use of the data generated by various microbiome projects. The project is supported by the European Commission under the 7th Framework Programme. The consortium gathers 8 partners and 15 contributors across 12 different countries. Its total cost has been evaluated at 2,3 million €, the funding from the European Commission has been set with an upper limit of almost 2 million € and a duration of 4 years, beginning in February 1st, 2011.

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## **AUTHORS/CREDITS: IHMS CONSORTIUM**

No	Name	Short Name	Country	Authors
1	INSTITUT NATIONAL DE LA RECHERCHE AGRONOMIQUE	<u>INRA</u>	France	Joël Doré, Florence Levenez, Christel Béra-Maillet, Fabienne Béguet-Crespel, Patricia Lepage, Maxime Rochet, Angélique Doré, Thierry Vanduyvenboden, Sebastian Burz, Charlene Fouquéray
2	INSTITUT CATALA DE LA SALUT	<u>HUVH</u>	Spain	Francisco Guarner, Chaysavanh Manichanh, Alba Santiago et al.
3	BAYLOR COLLEGE OF MEDICINE	<u>BCM</u>	United States	James Versalovic, Ruth Ann Luna, Joseph Petrosino et al.
4	SHANGHAI JIAO TONG UNIVERSITY	<u>SJTU</u>	China (People's Republic of)	Liping Zhao, Jian Shen, Chenhong Zhang et al.
5	COMMISSARIAT A L'ENERGIE ATOMIQUE ET AUX ENERGIES ALTERNATIVES	CEA Genoscope	France	Eric Pelletier, Adriana Alberti, Laurie Bertrand, Karine Labadie, Céline Orvain
6	BEIJING GENOMICS INSTITUTE AT SHENZHEN	<u>BGI Shenzhen</u>	China (People's Republic of)	Huanming Yang, Songgang Li, Jun Wang et al.
7	EUROPEAN MOLECULAR BIOLOGY LABORATORY	<u>EMBL</u>	Germany	Peer Bork, Paul I. Costea, Shinichi Sunagawa, Sean Powell, Julien Tap, Tomas Larsson, Alison Waller, Kalliopi Trachana, Pablo Minguez Paniagua, Jaime Huerta Cepas, Samy Deghou, Tobias Doerks
8	THE UNIVERSITY OF WESTERN ONTARIO	<u>Western</u>	Canada	Emma Allen-Vercoe, Greg Gloor, Bhagirath Singh et al.

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## CONTRIBUTORS/CREDITS: IHMS WP2 PARTICIPANTS

Name	Short Name	Country	Authors
Laboratory of Microbiology Wageningen University	WUR	The Netherlands	Erwin Zoetendal, Hans Heilig, Ineke Heikamp-de Jong, Willem de Vos et al
University College Cork	UCC	Ireland	Paul O'Toole, Jenifer Deane, Eibhlis O'Connor et al
Merieux NutriSciences, Nantes	Biofortis	France	Françoise Le Vacon, Thomas Carton et al
University of Helsinki, Faculty of veterinary Medicine	UH	Finland	Anne Salonen, Outi Immonen, Laura Huuskonen et al
University of North Carolina, Kannapolis	UNC	USA	Ryan Balfour Sartor, Melanie Spencer et al
University of North Carolina, Chapel Hill	CGIBD UNC	USA	Ryan Balfour Sartor, Ian Carroll et al
Statens Serum Institute, Copenhagen	SSI	Denmark	Soren Persson, Joan N Jensen et al
University of Florida, Gainesville	UF	USA	Volker Mai, Maria Ukhnova et al
INRA Micalis Jouy-en-Josas	INRA	France	Philippe Langella, Jean-Pierre Furet et al
University of Tokyo & Azabu University	UniT	Japan	Masahira Hatori, Hidetoshi Morita et al
Medical University Graz	MUG	Austria	Ingeborg Klymiuk et al
Maastricht University Medical Center	EPID	The Netherlands	John Penders et al
University fo British Columbia, Vancouver	UBC	Canada	Brett Finlay, Marie Claire Arrieta, Lisa Thorson et al
Rowett Institute of Nutrition and Health, University of Aberdeen	RINH	Scotland, UK	Harry Flint, Karen Scott, Petra Louis et al
Danone Research, Palaiseau	Danone	France	Johan van Hylkama Vlieg, Tamara Smokvina, Anne Druesne et al
German Institute of Human Nutrition, Potsdam Rehbruecke	DIFE	Germany	Michael Blaut, Kathleen Slezak, Delphine Saulnier et al



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### 1. OBJECTIVE:

Optimize data comparisons in the human microbiome field by the standardization of the procedure for fecal samples self-collection.

This SOP is of first interest for good fecal samples collection and conservation practice.

### 2. PRINCIPLE:

This SOP aims to standardize the fecal samples self-collection in case of the samples to be handled by the laboratory within 4 to 24 hours.

### 3. RELATED DOCUMENTS:

Titles	Codes	Localization
IHMS quality procedure template	IHMS_INS 01 V1	INRA MGP

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#### 4. Persons entitled to use the procedure:

This SOP applies to any person involved in collecting, for good fecal sample collection processing and transportation to the laboratory where it will be handled within 4 to 24 hours.

This person can be the person collecting herself, a nurse, or any health care professional in charge of stool collection.

#### 5. Preliminary steps, specificities:

Protocol should be approved by an ethics committee according to national regulations.

Protocol should be declared on international database (e.g. <https://clinicaltrials.gov>).

Volunteers and patients should have signed an informed consent according to approved protocol. Accreditation should have been obtained for sample biobanking, and if necessary for shipping. Anybody wanting to apply this SOP to the fecal samples collection must be in possession of the kit described in this SOP **Kit**.

A hand washing is mandatory and essential to the preservation of samples quality.

Please note that this SOP applies only to fecal samples collection which will be handled within 4 hours minimum to 24 hours maximum by the 'laboratory' in charge of the analysis.

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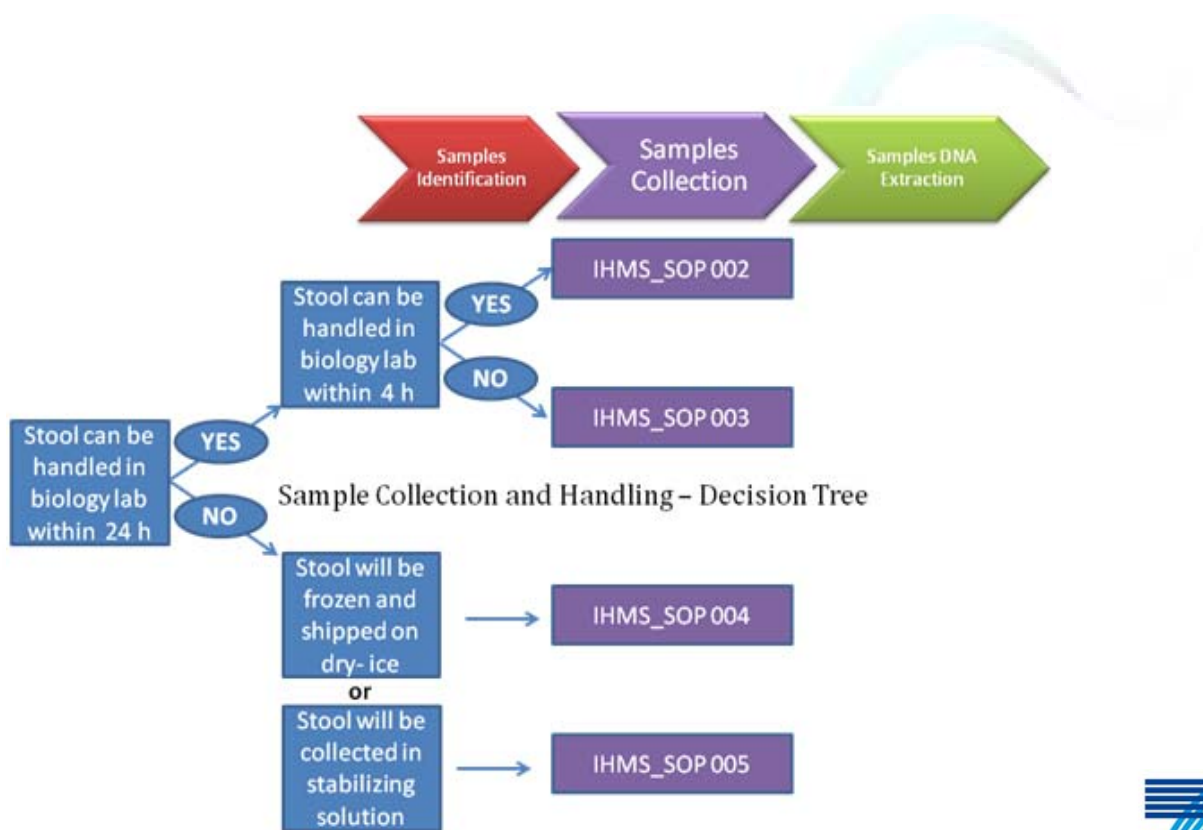
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**If it is not your case, please refer to the decision Tree below** to select the appropriate SOP for your fecal sample collection:



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## 6. Conditions and usage constraints to follow:

- 1- Hand washing is mandatory and essential
- 2- The fecal sample minimal volume must be at least the volume of a clementine
- 3- The maximal volume is determined by the volume of the plastic bag (i.) and white pot (ii.)
- 4- The plastic bag (i.) must NEVER be closed
- 5- Close the pot (ii.) tightly with the plastic lid (iii.)
- 6- Stool samples should be kept at room temperature
- 7- Stool samples should be brought to the laboratory within 4 h to 24 hours maximum after collection for aliquoting and storage at  $-80^{\circ}\text{C}$
- 8- The white anaerobic generator paper bag must never be open!  
 Keep it CLOSED during shipment for appropriate use!

## 7. Kit:

Materials	Picture 1	Picture 2	Suppliers Names and references
A transparent plastic bag for stool collection (i.)			Stomacher Clearline® ref 140801 Dustcher

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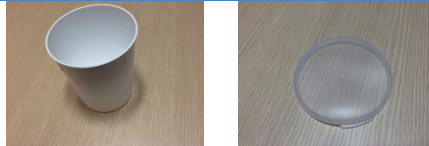
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A white opaque polypropylene pot (ii.) with transparent lid (iii.)



ref 080866 Dustcher

A grey sachet (iv.) containing a white anaerobic generator paper bag



Anaerocult® P anaerobic incubation sachet

## 8. Step by step procedure:

### How to collect the fecal sample (self-collection)?

Numbers correspond to numbers on the attached pictures below:

1. Use the complete kit that you received by mail (see kit's picture below).  
It contains :
  - i. A transparent plastic bag for stool collection
  - ii. A white opaque pot to hold the bag
  - iii. A transparent lid to close the pot
  - iv. A grey sachet containing the white anaerobic generator paper bag

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**Please wash your hands**

2. Insert the transparent plastic bag (i.) by pushing it well in the bottom of the white pot (ii.), with the edges outside the white pot

**Cf. movie IHMS SOP 03 V1 Part 1**



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### 3. Pot ready for fecal sample collection



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#### 4. Defecate directly inside the pot (i.)



*The fecal sample minimal volume must be at least the volume of a clementine. The maximal volume is determined by the volume of the plastic bag and white pot.*

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5. Set the plastic collection bag (i.) containing the stool back into the pot  
(ii.) **UNCLOSED** Cf. movie IHMS SOP 03 V1 Part 2



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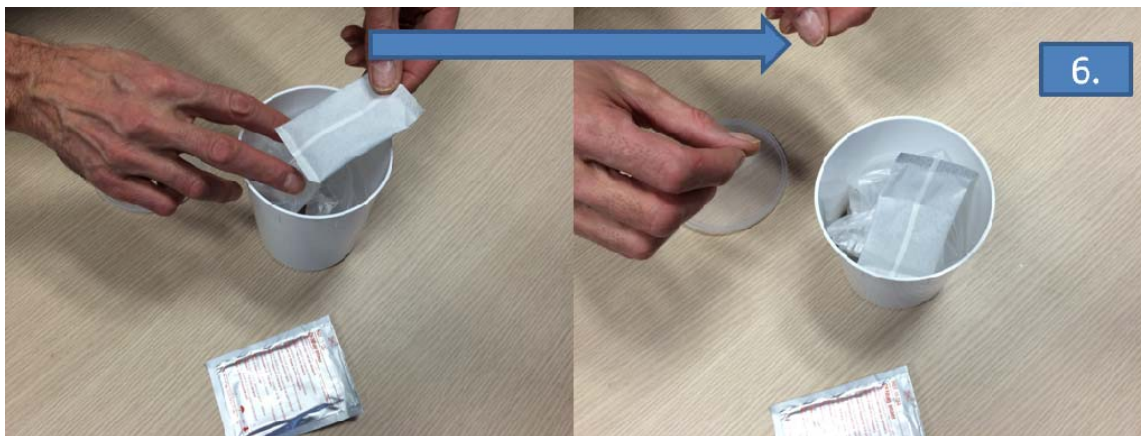
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6. Open the grey sachet (iv.) containing the white anaerobic generator paper bag and lay the paper bag **WITHOUT OPENING IT** on the transparent plastic bag containing the stool (avoiding direct contact with the stool) inside the pot (ii.) Cf. movie **IHMS SOP 03 V1 Part 2**



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7. Close the lid (iii.) by pressing firmly all the way around the pot (ii.)

**Be careful**, if the air comes in the sample will be lost,

**Cf. movie IHMS SOP 03 V1 Part 2**



The samples are **stored at room temperature and transported promptly to the « laboratory » within 4 to 24 hours ( $\leq 4$  hours).**

## 9. Contacts:

If you have any question regarding this SOP please contact us at:

[contact@human-microbiome.org](mailto:contact@human-microbiome.org)

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