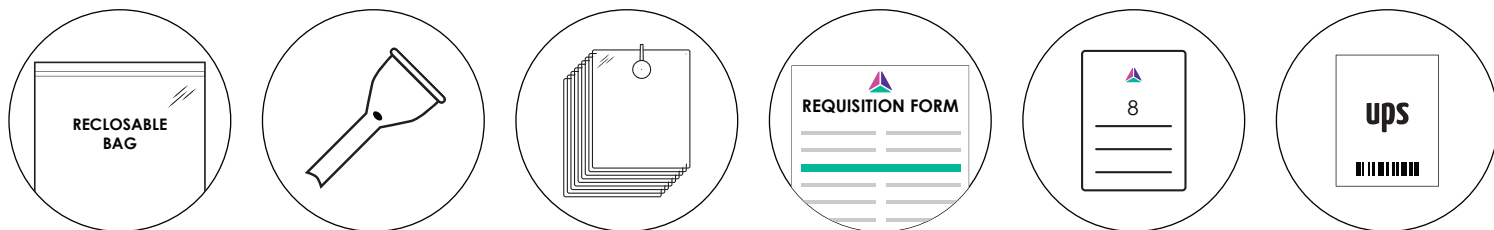


## Sample Collection Instructional Guide

### KIT CONTENTS



One reclosable bag for the safe return of your breath samples, one mouthpiece that attaches to the valves on the bags, eight breath collection bags with white valves, one requisition form to be completed and returned with your kit, eight sticker labels for you to fill out and attach to the bags, one pre-paid shipping label for returning the samples (in the same box you received the kit).

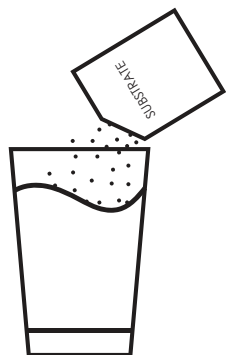
### COMPLETE YOUR REQUISITION FORM

- 1 Please confirm that the **patient's insurance information**, including the requested **policy holder information** portions of the enclosed requisition form, are complete and accurate.
- 2 Please attach **copies of the front and back of your insurance card**. If you prefer, you can email images of your card to [support@triosmartbreath.com](mailto:support@triosmartbreath.com).
- 3 Sign and date the requisition form on the line marked **Patient Signature**.



Remember to enclose the requisition form and copies of your insurance card with your samples when shipping them to the lab.

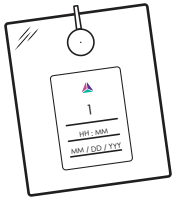
### MIX YOUR SUGAR SUBSTRATE DRINK



Your doctor has selected the type of substrate drink (fructose, sucrose or lactose) for you to consume during sample collection. Mix the full contents of the substrate packet found in your kit into an 8 ounce glass of room temperature water.

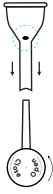
**DO NOT DRINK YET.**

Continue 



### STEP 1: PREPARE AND APPLY THE STICKER LABEL.

Complete a sticker label with your **sample number** (1, 2, 3, etc.), **sample collection time, date of collection, name**, and **date of birth**. Attach the label to a deflated sample collection bag.



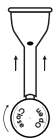
### STEP 2: ATTACH THE MOUTHPIECE AND OPEN THE VALVE.

Attach the mouthpiece to the end of the valve until it fits snugly. The **small hole** on the mouthpiece should be **facing up**. Turn the cap on the valve **counterclockwise** until it is fully in the “**Open**” position.



### STEP 3: COLLECT YOUR BREATH SAMPLE.

Take a deep breath and **exhale continuously** into the mouthpiece. Air will escape from the hole on the top of the mouthpiece. **After two seconds**, while continuing to exhale, **cover the hole** with your finger. The bag will then inflate. Only exhale **once** into each collection bag.



### STEP 4: CLOSE THE VALVE AND REMOVE THE MOUTHPIECE.

Close the cap by turning it **clockwise** until it is fully in the “**Closed**” position. Remove the mouthpiece from the valve.



### STEP 5: WAIT 30 MINUTES AND THEN REPEAT STEPS 1 - 4 ONE MORE TIME BEFORE DRINKING THE SUBSTRATE.



### STEP 6: CONSUME THE SUGAR SUBSTRATE DRINK MIX AND WAIT 30 MINUTES.

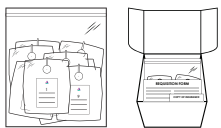
**After collecting your first two breath samples** (baseline bags), please drink your prescribed sugar substrate drink and then **wait 30 minutes** before collecting your next sample.



(REPEAT FOR ALL REMAINING BAGS)

### STEP 7: COLLECT YOUR REMAINING SAMPLES.

**Repeat steps 1–4** for each remaining bag. Remember to **wait 30 minutes** between the collection of each remaining breath sample. Confirm that each label is completed with the **time of collection** and is properly applied to each bag.



### STEP 8: SHIP YOUR BREATH SAMPLES FOR TESTING.

Place all filled sample collection bags into the provided biohazard bag and seal it tightly. Place the biohazard bag, along with your signed requisition form and copies of your insurance card, inside of the trio-smart box. Place the pre-paid return shipping label over the original shipping label, and close the box with packing tape. Drop the kit off at any UPS drop-off location ([ups.com/dropoff](https://www.ups.com/dropoff)) **no later than 24 hours after sample collection**.