Thank you for participating in this research study!
Please read all instructions carefully before starting.

Test kit should include:
1. 2 Collection tubes
2. 1 pair of latex-free nitrile gloves

Sampling
Please provide a sample of breast milk or formula, depending on what you are feeding your baby. If you are using breast milk and formula, please provide a sample of both.

After completing the sampling kit, you must schedule a sample pick up within 12 hours. A study team member will personally pick up your sample when it is completed.

**Breast Milk:**
1. Open the kit and check to make sure all contents are included (see above).
2. Pump breast milk with the pump you normally use
   a. If you do not pump your milk, you can manually express a milk sample into any clean container. If needed, please see this video on our web page on how to express milk: [www.knightslab.org/imd](http://www.knightslab.org/imd) under the Study Resources link
3. Put on gloves
4. Unscrew the lid to the collection tube
5. Place the lid on your working surface so that the inside of the lid is facing the ceiling
6. Pour as much breast milk as possible into the collection tube to a maximum of 15 mL (~1 Tbsp)
7. Secure the collection tube lid
8. Remove gloves
9. Place in fridge
10. Call to schedule the pick up within 12 hours (See below)

**Formula:**
1. Open the kit and check to make sure all contents are included (see above)
2. Prepare formula as you normally do for your baby
3. Put on Gloves
4. Unscrew the lid to the collection tube
5. Place the lid on your working surface so that the inside of the lid is facing the ceiling
6. Pour as much formula as possible into the collection tube to a maximum of 15 mL (~1 Tbsp)
7. Secure the collection tube lid
8. Remove gloves
9. Fill out the sample label
10. Place in fridge
11. Call to schedule the pick up within 12 hours (see below)

Pick Up
To schedule your pick up, please contact the study team member:
Tonya Ward, PhD Phone: (612) 244-0463