

Human Microbiome Project – Core Sampling Protocol A Subject Information Sheet

Date of scheduled Baseline Sampling Visit: _____

You can NOT use and/or do any of the following during the indicated time periods before sample collection.

Six months before sample collection

- Any antibiotics, by mouth, by injection or intravenous
- Any steroids; oral, intravenous, intramuscular, nasal or inhaled (such as prednisone, Flonase, dexamethasone, Flovent)
- Cytokines or drugs that can stimulate your immune system (such as Interleukin)
- Methotrexate or immunosuppressive cytotoxic agents (such as chemotherapy)
- Commercial probiotics consumed in doses greater than or equal to 10^8 cfu or organisms per day including tablets, capsules, lozenges, chewing gum or powders in which probiotic is a primary component. Ordinary dietary components such as fermented beverages/milks, yogurts, foods do not apply.

Seven (7) days before sample collection

Date to stop using products: _____

- Topical antibiotics or topical steroids on the skin of the face, scalp, neck, arms, forearms or hands
- Antibacterial products including liquid hand soap, bar soap, and face washes (such as Softsoap, Dial, Zest, and Clearasil)
- Antiseptic products such as hand or mouth washes, toothpaste, perfumes and sanitizers (such as Listerine mouth wash, Crest Toothpaste, and Purell hand wash)
- Hair dyes of any kind

48 hours before sample collection visit:

Date and time to stop activities and using products: _____

- Use of a chlorinated pool or hot tub
- For women, douching, vaginal sexual activity, contraceptive spermicides, vaginal medications, suppositories, feminine sprays, and genital wipes

12 hours before scheduled sample collection visit

Date and time to stop activity: _____

- Showering and bathing