

◆ **Required:** Complete all Patient and billing information on the Requisition form. Be sure it is signed by the Patient/Responsible Party *and* the healthcare provider. Enter date in box labeled "Date Final Sample Collected". Place it back inside the kit box for return. *The test cannot be processed without this completed and signed form.*

◆ *What should I do if I spill liquid from a vial?* Stop the test. Any liquid lost from a vial invalidates the test results. Call Client Services at 828-253-0621 to obtain new vial(s).

◆ Send in your samples as soon as you complete the test. If you take the test over the weekend, have it picked up on Monday. **DO NOT FREEZE.**

◆ **Interfering substances:** antibiotics, antifungals, barium enemas, bentonite clay, castor oil, mineral oil, betaine HCl or digestive enzymes, rectal suppositories, vitamin C supplements and beneficial flora supplements (*acidophilus*, etc.). There may be times when your healthcare provider prefers that you stay on one of these agents (e.g. digestive support), in order to evaluate its effectiveness.

◆ **Shipping your samples**—Specimens must be received by the laboratory within 5 days of collection.

◆ **Turn-Around-Time** – Results will be available in 14 calendar days or less from the date samples are received; please add 2 to 4 days for report delivery.

Shipping

◆ Check that you have placed the following items in the kit box:

- Biohazard bag from Day One, containing 1 filled specimen tube.
- Biohazard bag from Day Two, containing 1 filled specimen tube.
- Biohazard bag from Day Three, containing 3 filled specimen tubes and 1 filled white-top cup if your healthcare provider ordered the optional add-on test.
- Requisition form, completed and signed.

◆ Close kit box, but do not staple or tape.

◆ Unfold the prepaid mailing envelope, print your name and address in the section marked "From". **DO NOT** mark or write in any other sections.

◆ Put the kit box into the envelope. Seal envelope. Specimens *must* be returned in the kit box in order to be delivered to the lab for analysis.

◆ Schedule a Pickup

1. Call 1-800-GoFedEx (1-800-463-3339)
2. Say "Return a package."
3. When connected with a FedEx customer service representative, please tell them
 - "We are using FedEx Express Billable Stamps."
 - Your name, phone number, address, zip code
4. FedEx will ask for the number of packages and then provide you with your pickup time.

◆ Keep your shipment and tracking numbers for future reference and tracking purposes.

◆ **NOT** following these instructions may result in a shipping charge.

Comprehensive Digestive Stool Analysis/ Parasitology (Purge/Random)

P A T I E N T I N S T R U C T I O N S

Check Your Kit

1 Requisition Form (to be completed and signed)

1 Prepaid mailing envelope

1 Empty white-top cup (for optional add-on test)

1 Flat wooden stick

Day One Bag Purge Collection

1 Green-top SAF tube*

2 Collection trays

1 Latex glove

1 Disposable dropper

1 Absorbent Pad

Day Two Bag Random Stool Collection

1 Green-top SAF tube*

1 Collection tray

1 Latex glove

1 Absorbent pad

Day Three Bag Random Stool Collection

1 Green-top SAF tube*

1 Yellow-top Cary Blair tube*

1 Orange-top Formalin tube*

1 Collection tray

1 Latex glove

1 Absorbent Pad

◆ If you are missing any of these items, or if any of the tubes are expired, call Client Services at 800-522-4762 ext 727.

◆ Keep the kit box for the specimens' return shipment to the lab.

Before You Begin

◆ This kit does *not* contain a laxative. Consult with your physician for recommending the appropriate laxative and dosage for your age and weight.

3 days before the test

◆ If taking antibiotics or antifungals, it is recommended that you wait at least 3 days after your last dose before beginning the test (unless instructed otherwise by your physician).

◆ It is recommended that you discontinue use of all the following substances: barium enemas, bentonite clay, castor oil, mineral oil, betaine HCl or digestive enzymes, rectal suppositories, vitamin C supplements and beneficial flora supplements (*acidophilus*, etc.) (unless requested to continue by your physician).

◆ **EAT YOUR USUAL DIET** during the 2-3 days prior to stool collection, ideally including some fatty foods (e.g. butter or salad oils) and protein-rich foods.

2 days before the test

◆ It is recommended that you discontinue use of aspirin or ibuprofen (Advil®, Motrin®, Nuprin®) (unless requested to continue by your physician).

◆ If your healthcare provider has ordered the add-on test, it is recommended that you discontinue use of non-steroidal anti-inflammatory drugs unless requested to continue by your healthcare provider.

Collection

Not following these instructions may affect your test results.

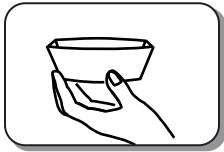
Prepare your specimen using these collection tubes on these days:

- Day One:** 1 Green-top SAF tube
Day Two: 1 Green-top SAF tube
Day Three: 1 Green-top SAF tube
1 Yellow-top Cary Blair tube
1 Orange-top Formalin tube
1 white-top cup (for optional add-on test)

Day One (Purge Collection)



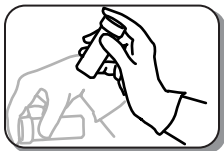
- 1** Do not eat or drink anything before taking the laxative. You may eat or drink normally 1 hour after taking the laxative.



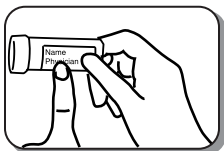
- 2** Take the laxative your physician has provided or recommended at the specified dosage. Drink 8 oz. of water afterwards.



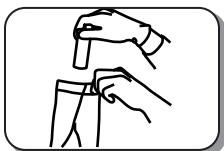
- 3** Pass your first bowel movement into the toilet and discard as usual.



- 4** Within 2-4 hours (on average) you should experience mild diarrhea. Pass any formed or soft stool until you have a watery bowel movement. Collect a watery movement using the collection tray in the kit.



- 5** Open the collection tube.* Stir the sample lightly with the disposable dropper. Use the dropper to collect from contrasting areas of the sample, including blood, pus, etc. Transfer liquid stool into the tube. Add sufficient stool sample for the stool and tube liquid to reach the red "fill" line, as shown on the label. **Do not overfill.**

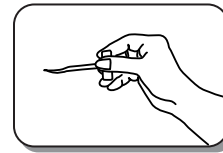


- 6** Recap the tube and check to ensure it is securely capped. Then, shake well until mixed thoroughly.

- 7** Write your name and the date the specimen was collected on the tube label. Do not fill in the ID# on the tube; it will be assigned at the lab.

- 8** Be certain caps are tight for shipping. Place your filled tube in the Biohazard bag corresponding to the day's collection. Seal the bag securely. Do not freeze the sample. Discard glove and used tray.

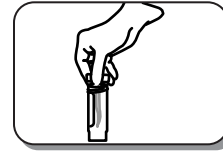
Comprehensive Digestive Stool Analysis
with Parasitology (Purge/Random)



- 1** If unable to collect on consecutive days, resume the test on the next day you have a bowel movement.



- 2** Pass urine into the toilet if necessary. Pass stool into the collection tray. Do not let urine or water from toilet touch the stool specimen.



- 3** Open the collection tube.* Using the spoon in the cap of the tube, pick up several portions of stool from contrasting areas in the tray. Be sure to collect any blood or pus and samples from areas of different color or texture. Add sufficient stool sample for stool and tube liquid to reach the red "fill" line, as shown on the label. **Do not overfill.**

- 4** Mix and mash the specimen with the spoon until the sample is thoroughly mixed and is as smooth as possible.

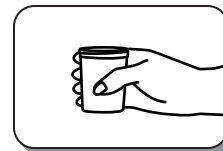
- 5** Repeat steps 6 through 8 from the Day One instructions.

Day Three (Random Stool Collection)

- 1 - 8** Repeat the same collection process as Day Two. Using one stool specimen, fill all three tubes.

Collection instructions for the optional add-on test

This is an optional add-on for Bile Acids, Pancreatic Elastase, Calprotectin and Eosinophil Protein X, with additional charge, that the healthcare provider may or may not order. If ordered, complete Step 9. If not ordered, prepare your specimens for return to the lab.



- 9** Look closely at the empty white-top cup. Find and mark the 40-ml line (about 1/3 up from the bottom). Open the empty white-top cup. Using the flat wooden stick provided, pick up several portions of stool from contrasting areas in the tray. Add sufficient stool sample to reach the 40-ml line. Using the wooden stick, mix stool in white-top cup. Recap the cup and check to ensure it is securely fastened. **Do not overfill.** Place the filled white-top cup in the Day Three biohazard bag.

***CAUTIONS:** •Do not discard tube fluid. •Avoid contact of the eyes or skin with the fluid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. •Do not inhale or ingest liquid. For accidental ingestion, contact your healthcare provider at once.