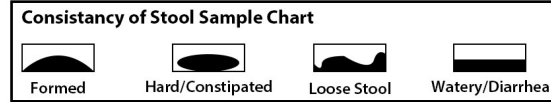


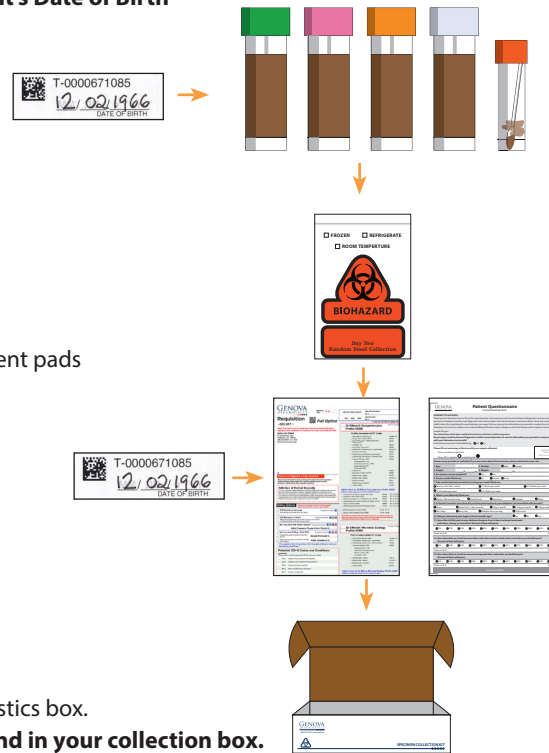
## FINAL PREP AND SHIPPING

1. Record the date of collection, stool consistency (refer to chart), and stool color on the Test Requisition Form.
2. Place biohazard bags with tubes in the outer collection box.
3. Provide payment information.
4. Complete the Health Survey.
5. Place the box with samples and paperwork (survey and requisition) into the Fedex mailer.
6. Follow the enclosed shipping instructions.
7. Refrigerate until packaged for shipping. No cooling or expedited shipping required. Contact FedEx for shipping.



## RETURN CHECKLIST

- All Tubes with Peel and Stick Labels with Patient's Date of Birth
- GREEN-TOP TUBE
- ORANGE-TOP TUBE
- PINK-TOP TUBE
- CLEAR-TOP TUB
- SWAB TUBE WITH SWAB INSIDE
- TEST REQUISITION
- Health survey
- All specimens inside biohazard bags with absorbent pads
- All materials inside Genova Box



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**GI Effects**  
Stool Profiles

# 1-Day Stool Collection Instructions

For Tests #2200, #2205, #2207, #2000, #2002

**START HERE ↓**

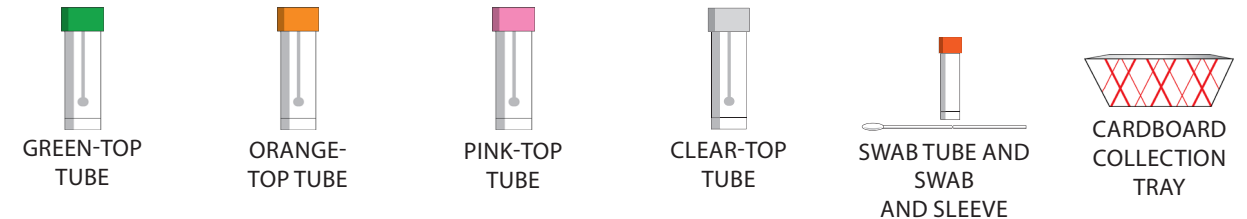
Test prep, FAQs, and the collection video can be found at [www.gdx.net/giprep](http://www.gdx.net/giprep) or scan the QR Code.

**Shipping Notice:** The 1-day collection can be done at your home. Ideally, finish collection and ship on **Monday through Friday**. US holidays can affect shipping times.



## COLLECTION MATERIALS - KEEP OUTER BOX FOR SHIPPING TO LAB

### DAY 1



- GLOVE
- ABSORBENT PAD
- BIOHAZARD BAG
- PEEL AND STICK LABEL

**CAUTION: Tubes contain poisonous liquid. KEEP OUT OF REACH OF CHILDREN.**

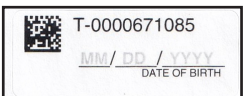
- Tubes are under pressure. Cover tube cap with a cloth and remove cap slowly. In case of **eye contact**, flush with water for 15 minutes. In case of **skin contact**, wash with soap and water. In case of **ingestion**, contact poison control center immediately.

## PEEL AND STICK COLLECTION LABELS

Fill out all the peel and stick labels with **ONLY** your date of birth (DOB) (mm/dd/yyyy) and apply to all the tubes and the requisition.

There may be extra labels left over.

**Do not write on the tubes.**



## TEST REQUISITION FORM - RETURN WITH SHIPPING BOX

Complete all sections online at [www.gdx.net/mygdx](http://www.gdx.net/mygdx) for clinicians  
[www.gdx.net/prc](http://www.gdx.net/prc) for patients

or

Use the paper form included

Watch the How-to Video at [www.gdx.net/mygdx](http://www.gdx.net/mygdx) or [www.gdx.net/prc](http://www.gdx.net/prc)



Both methods require the **paper form to be returned with the pack.**

### VERY IMPORTANT



Wait at least 4 weeks from colonoscopy or barium enema before starting the test.



**Do Not Collect** if there is active bleeding from hemorrhoids or menstruation.



**Medications** can impact results. Check with your clinician.

### 2-4 WEEKS BEFORE



Discontinue antibiotics, antiparasitics, antifungals, probiotic supplements (*acidophilus*, etc.).

### 14 DAYS BEFORE



If your clinician ordered the *H. pylori* test, discontinue proton pump inhibitors (PPIs), and bismuth.

### 2 DAYS BEFORE

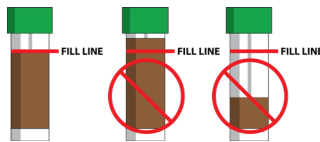


Discontinue aspirin and other NSAIDs (i.e. ibuprofen), rectal suppositories, enemas, activated charcoal, bismuth, betaine HCL, digestive enzymes, antacids, laxatives, mineral oil, castor oil, and/or bentonite clay.

### VERY IMPORTANT

#### DO NOT OVERFILL

Make sure that the liquid and sample do not go over the **FILL LINE**. Do not underfill.



GOOD

NOT GOOD

#### NOTE: IF YOU SEE A WORM

Do not add to a stool collection tube, instead place it in **GREEN-TOP TUBE WITHOUT** scooping additional stool. A worm can also be placed in a clean glass jar with rubbing alcohol. Do not add additional stool to the jar. Write **WORM** on the requisition and on the tube or jar. Do not mix and mash sample if there is a worm inside. Do not shake tube if there is a worm inside.

## BEGIN STOOL COLLECTION- PATIENT

### DAY ONE



1. Put on the glove.

2. Collect your stool sample using the enclosed collection tray.

**DO NOT let urine or water from the toilet get into the sample**

#### GREEN-TOP TUBE:

3. Transfer stool sample into the tube using the built-in scoop.

4. Collect from different areas of the sample.

5. Mix the sample with the liquid in the tube until it is as smooth as possible.

6. Screw the cap on tightly. Shake tube for 30 seconds.

7. Place in biohazard bag

Repeat Steps 3-7 using the

- **ORANGE-TOP TUBE**

- **PINK-TOP TUBE**

- **CLEAR-TOP TUBE** Note: There is no liquid in the CLEAR-TOP TUBE.

#### SWAB COLLECTION

1. Open the swab package, and place the tube upright.

2. Leave the swab in the sleeve until you are ready to collect sample.

3. Grasp the swab above the middle notch.

4. Collect sample by inserting the tip of the swab into the stool sample and rotate it.

5. Make sure that the swab tip is evenly coated with stool. If not, repeat.

Do not "spoon" the specimen with the swab.

**This would result in too much stool being collected and can create testing errors.**

6. Mash and mix the swab tip against the side of the tube.

7. Break the swab at the notch. Screw the cap on tightly.

8. Place in the biohazard bag with the other samples. Dispose of remaining sample into toilet and dispose of collection tray and glove.

