WHEN READY TO SHIP, ENSURE THE FOLLOWING:

- All tubes are:
  - Tightly closed
  - Marked with first and last name, collection date, and stool consistency
  - Sealed in biohazard bag with absorbent pad

- All sections of requisition form completed.

- Payment included or completed online.

- All specimens placed back in original box.

- Complete survey

SHIP THE SPECIMEN(S) TO THE LAB

Please refer to the shipping instruction insert found in your sample collection pack.

VISIT YOUR PATIENT RESOURCE CENTER at www.gdx.net/prc

- Access test results
- Make payments
- Complete health surveys

CAUTION: Tubes contain poisonous liquid. KEEP OUT OF REACH OF CHILDREN. For eye contact, flush with water for 15 mins. For skin contact, wash with soap and water. For ingestion, contact poison control center immediately.

ADDITIONAL MATERIALS

- Disposable gloves (3)
- Test requisition form
- Biohazard bags with absorbent pads (3)
- FedEx® Clinical Lab Pak and Billable Stamp

IMPORTANT PREP BEFORE PATIENT TAKES TEST

For full details and explanations refer to: www.gdx.net/tests/prep

- Please consult with your physician before stopping any medications. Wait at least 4 weeks from colonoscopy or barium enema.
- 2-4 weeks before test: Discontinue antibiotics, antiparasitics, antifungals, probiotic supplements (acidophilus, etc.); if adding on the H. pylori test, discontinue proton pump inhibitors (PPIs) and bismuth.
- 2 days before test: Discontinue interfering substances including rectal suppositories, enemas, activated charcoal, laxatives, mineral oil, castor oil, and/or bentonite clay.
- Plan collection to allow for return shipping of specimens Monday through Friday and within 24 hours after final collection.
- C. difficile testing will not be performed on individuals under 2 years old.

*Not available in New York
**Stool Collection Day 1 (of 3-day Collection)**

1. **Put on latex glove.**

2. **Collect stool specimen using enclosed collection tray.**
   - DO NOT contaminate specimen with urine or water from toilet.
   - **Record stool consistency** on tube label using permanent marker.

3. **Follow Steps 5 through 8 using the contents of the DAY 1 bag including the GREEN-TOP TUBE:** Remove cap and using spoon attached to cap, pick up several stool portions from different areas in tray. Fill to red fill line marked on tube. **DO NOT OVERFILL.**

   **NOTE:** If a worm is seen, **DO NOT place it** in vial with stool. Instead **place it in green tube WITHOUT scooping additional stool.** Alternatively, a worm can be placed in a clean glass jar with rubbing alcohol, with no additional stool added to jar. Make note on requisition form that a worm was seen and write WORM on the vial.

4. **Mix and mash** the specimen with spoon until thoroughly mixed and smooth.
   - **NOTE:** Do not mix and mash specimen if there is a worm inside.

5. **Tightly close tube, shake tube until mixed.**
   - **NOTE:** Do not shake tube if there is a worm inside.

6. **Write your first and last name, and date of collection on tube label.**
   - Place tube in biohazard bag corresponding to day’s collection, seal bag, and refrigerate until ready to ship.

7. **Record Stool Consistency** section based on chart below:

   **Consistency of Stool Specimen Chart**
   - Formed/normal
   - Hard/constipated
   - Loose stool
   - Watery/diarrhea

8. **Send specimens within 24 hours of completing collection.**

9. **Follow Steps 3 through 8 with the contents of the DAY 2 bag including the GREEN-TOP TUBE.**

10. **Follow Steps 3 through 8 with the contents of the DAY 3 bag including the GREEN-TOP TUBE and YELLOW-TOP TUBE.**

11. **Fill out upper front right corner of Test Requisition Form with final collection date.**

12. **Refer to SHIPPING INSTRUCTIONS on the back**