

Patient Guide



GI Effects plus Microbiomix
#2210*

*Not Available in New York



Do not collect samples while experiencing active bleeding from hemorrhoids or menstruation.



Discuss any medications or supplements with your physician as they may impact results.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the activation label card included with this collection pack.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays. Please return specimens within 24 hours after collection.

4 Weeks Before Collection

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

2-4 Weeks Before Collection

If taking antibiotics, antiparasitics, or antifungals, it is recommended that you wait a minimum of 14 days after your last dose before beginning the test; 28 days may be preferred after antibiotics have been utilized.

14 Days Before Collection

For H. pylori add-on testing, discontinuation of PPIs, antibiotics, and bismuth is recommended.

2 Days Before Collection

Unless directed otherwise by your physician, 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 bentonite clay.

STEP 2

Specimen Collection

1. **Review** instructions and test prep information at **gdx.net/activate**.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to each of the **6 tubes**.

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.

Do not overfill tubes. Make sure that the liquid and sample do not go over the fill line. Do not underfill tubes.

If you see a **worm**, **remove** it from the sample and **place** in a clean glass jar with rubbing alcohol. **Write** WORM on the jar and return with your specimens.

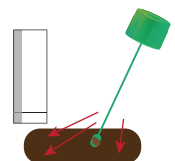
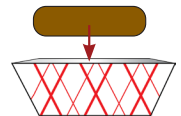
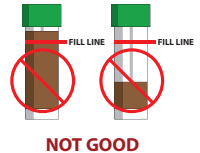
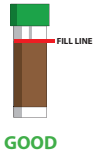
1. **Wear** the glove provided.
2. **Collect** your **stool sample** in the provided tray. **Do not** let urine or water from the toilet get into the sample.

Tube Collection



3. **Transfer** stool sample into the **GREEN-TOP** tube using the built-in scoop. Collect from different areas of the sample. Add stool until contents reach the fill line on the tube.
4. **Mix** the sample with the liquid in the tube until it is as smooth as possible.
5. Screw the cap on tightly and **shake the tube** for 30 seconds.
6. **Place** the tube in the biohazard bag and **refrigerate** until ready to ship. Do not freeze.
7. Repeat Steps 3 through 6 using the **ORANGE-TOP**, **PINK-TOP**, and **CLEAR-TOP TUBE**.

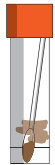
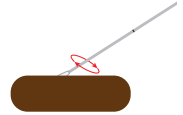
Note: there is no liquid in the clear-top tube.



Orange-top Swab Collection



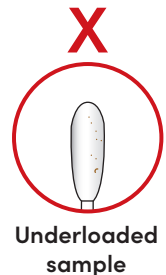
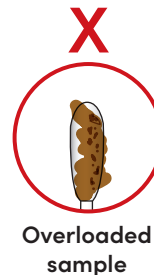
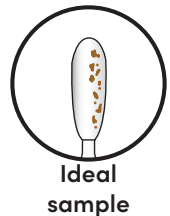
8. **Open** the **swab package** but leave the swab in the sleeve until you are ready to collect the sample.
9. **Open** the **small tube** and place it upright on a flat surface.
10. **Grasp** the **swab** above the middle notch.
11. **Insert** the tip of the swab into the stool sample and **twist** until it is evenly coated in stool. **Do not spoon or scoop** the specimen with the swab. This would collect too much stool and may cause testing errors.
12. **Mash** and **mix** the swab tip against the inside of the tube.
13. **Break the swab stick** at the middle notch, leaving the swab inside the tube. **Screw** the cap on tightly.
14. **Place** the tube in the biohazard bag and **refrigerate** until ready to ship. Do not freeze.



White-top Swab Collection



15. **Open tube** by twisting and pulling.
16. **Lightly touch** the **round end** of the swab to your stool sample. **It is critical not to overload the swab.** Only a **small discoloration** is needed.
17. Place the swab in the tube and **firmly close until you hear it click.**
18. **Place** the **tube** inside the biohazard bag and **refrigerate** until ready to ship. Do not freeze.
19. **Dispose** of the remaining stool into the toilet then **throw away** the collection tray and glove.



STEP 3

Return Collection Pack

1. Confirm that each tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **biohazard bag** with tubes inside the **collection box**.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/activate** to enter the date of your collection and the stool consistency of the sample. When complete you will receive a **confirmation code**. Write the date of final collection and your confirmation code on the **activation label card** and place inside the box with the biohazard bags.
4. Seal the box inside the FedEx shipping bag, and drop off at an authorized FedEx location.

Learn more about return shipping at www.gdx.net/shipping.

