**4 Weeks Before Collection**
Wait at least 4 weeks from colonoscopy or barium enema before beginning the test. If taking antibiotics, antiparasitics, or antifungals, it is recommended that you wait a minimum of 4 weeks after your last dose before beginning the test.

**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**
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**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. Close the cardboard box and place inside the FedEx shipping bag. Follow the shipping instructions provided.

Additional resources are available online. Visit gdx.net/activate and enter your activation number.

*Not Available in New York*
**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 2 swab tubes.

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.

**White-top Swabs Collection**

3. Open tube by twisting and pulling.

4. 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.

5. Place the swab in the tube and firmly close until you hear it click.
6. Repeat Steps 3 - 5 with the second tube.
7. Place the tubes inside the biohazard bag. Do not freeze.
8. Dispose of the remaining stool into the toilet then throw away the collection tray and glove.

**Ideal sample**

**Overloaded sample**

**Underloaded sample**
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 2 swab tubes.

1. Wear the glove provided.
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White-top Swabs Collection

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7. Place the tubes inside the biohazard bag. Do not freeze.
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**4 Weeks Before Collection**

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**STEP 3**

**Return Collection Pack**

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**Patient Guide**

**Microbiomix #2220**

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**STEP 1**

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