

Patient Guide



Microbiomix #2220*

*Not Available in New York



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



Discuss any medications 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.

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.

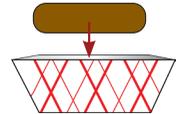
STEP 2

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 a label provided. Attach a completed label to the **swab tube**.



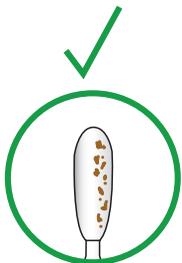
1. **Wear** the glove provided.
2. **Collect** your **stool sample** in the provided tray. **Do not** let urine or water from the toilet get into the sample.



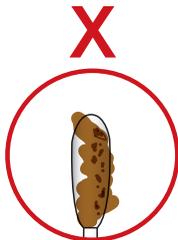
White-top Swab Collection



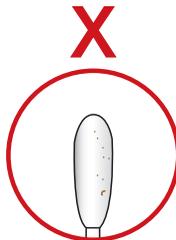
3. **Open tube** by twisting and pulling.
4. **Lightly touch** the **round end** of the swab to your stool sample. **It is critical not to overload the swab.** Only a **small discoloration** is needed.



Ideal sample



Overloaded sample

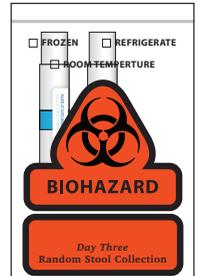


Underloaded sample

5. **Place the swab** in the tube and **firmly close until you hear it click.**

7. **Place** the **tube** inside the biohazard bag. **Do not freeze.**

8. **Dispose** of the remaining stool into the toilet then **throw away** the collection tray and glove.



STEP 3

Return Collection Pack

1. Confirm that the tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **biohazard bag** with the tube 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.

