

# Step 3:

## Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

**For UK mainland patients only:** Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

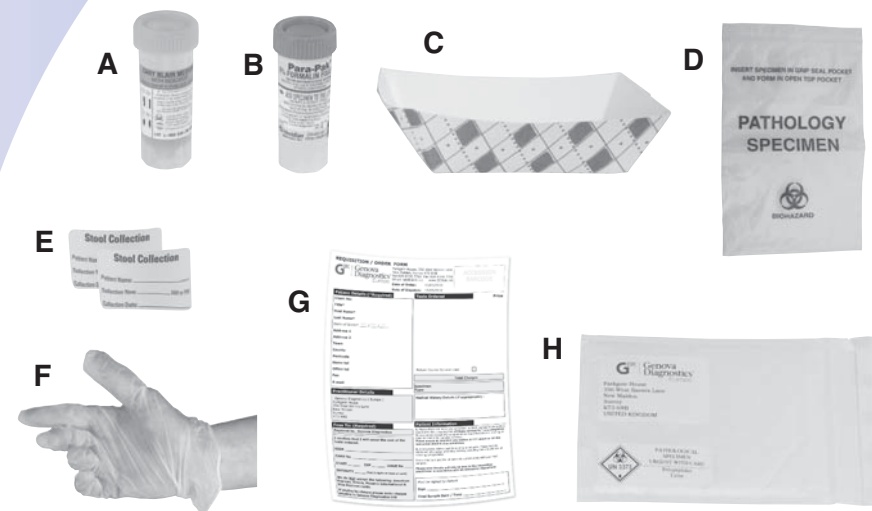
**For patients outside of the UK:** please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- Make sure the collection tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the samples being rejected.
- Seal the samples in the biohazard bag with the absorbent pad.
- Place the biohazard bag in the mailing envelope with your completed, signed and dated requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

## CDSA™

### Patient Instructions



### Check Your Kit

- A - 1 Yellow-top Cary-Blair tube
- B - 1 Orange-top Formalin tube
- C - 1 Collection tray
- D - 1 Biohazard bag
- E - 2 Labels
- F - 1 Glove
- G - 1 Requisition (to be completed and signed)
- H - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

# Step 1:

## Important things to know and consider

- If any liquid is spilled from the vials, stop the test immediately. Any liquid lost from a vial **invalidates** the test results. **Call 1-800-336-7750** to obtain new vial(s).
- **Extreme care** should be used when opening and filling vials. Do not spill or discard any tube fluid. Avoid contact of the eyes or skin with the fluid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest. For accidental ingestion, contact your healthcare provider at once.
- We do not recommend performing this test when stool samples are excessively watery.
- Wait at least **4 weeks** from colonoscopy or barium enema before beginning the test.
- The following are **interfering substances** and should be discontinued **unless directed otherwise by your practitioner**: bentonite clay, betaine HCL or digestive enzymes, castor oil, mineral oil, rectal suppositories. If you are taking a medication that isn't listed as an interfering substance, ask your healthcare professional before stopping any prescribed substance.
- **2 weeks before test**: If taking antibiotics or antifungals – or taking beneficial flora supplements (acidophilus, etc.) or consuming food products containing beneficial flora (e.g. Activia®) – it is recommended that you **wait at least 14 days** after your last dose before the test (unless instructed otherwise by your practitioner). There may be times when your healthcare provider prefers that you stay on one of these agents (e.g. acidophilus) in order to evaluate its effectiveness. Follow your healthcare provider's recommendation.
- **Eat your usual diet** during the 2-3 days prior to stool collection, ideally including some fatty foods (e.g. butter or salad oils) and protein-rich foods, so that we may assess how your body processes them. Contact your healthcare provider with any questions.
- **2 days before the test**: It is recommended that you discontinue use of over-the-counter suppressants of inflammation like aspirin and/or non-steroidal anti-inflammatory drugs (eg: ibuprofen, Nurofen®, Anadin®) unless requested to continue by your practitioner.

## Schedule & Prepare for Stool Collection

- **Samples must be received within 4 days of being completed.** Plan to complete the test no later than Thursday, ensuring samples **arrive at the laboratory by Friday**. If you take the test over the weekend, arrange to return the samples on Monday for Tuesday.
- Where possible, send in your samples as soon as you complete the test. If necessary, store samples at room temperature or refrigerate. **Do NOT freeze.**
- **Complete the Requisition Form** with all patient and payment information. Be sure it is signed by the Patient/Responsible party in the box labelled final sample date / time.

# Step 2:

## Stool Collection

Not following these instructions may affect the test results.



- 1 Write your full name (first and last), date of birth, time and date of collection** on each label and affix one to each tube.



- 2 Pass urine into the toilet if necessary. Pass stool into the collection tray. Do not let urine or water from toilet touch the stool specimen.**



- 3 Open the yellow-top collection tube labelled Cary-Blair. Using the spoon in the cap of the tube, pick up several portions of stool from contrasting areas in the tray. Be sure to collect any blood or pus and samples from areas of different colour and texture. Add sufficient stool sample for stool and tube liquid to reach the red "fill" line, as shown on the label. Do not overfill.**



- 4 Mix and mash the specimen with the spoon until the sample is thoroughly mixed and is as smooth as possible.**



- 5 Recap the tube and check to ensure it is securely fastened. Then, shake well until mixed thoroughly.**



- 6 Repeat steps 3-5 with the orange-top collection tube.**

**Consult your healthcare provider if you have any questions at any time during this test.**