

SPECIMEN PREPARATION

1. **When ready to ship - place** the tubes and the cup into the biohazard bag corresponding to the day they were collected (Day One materials in Day One biohazard bag, Day Two in Day Two biohazard bag, and Day Three in Day Three biohazard bag). Be sure to include absorbent pads in the biohazard bags.°
 2. **Complete** the payment section of the completed Requisition Form (if indicated). **Fold and place** the form in the side pocket of the biohazard bag.
 3. **Place** inside the mailing envelope and seal.
- ° If a one-day collection is done, **place** inside the mailing envelope and seal.

CHECKLIST (PRIOR TO SHIPPING)

1. Tubes and cup

- Patient's first and last name, date of birth, gender, and time and date of collection are written on all the tubes and the cup
- All the tubes and the cup are topped tightly

2. Refrigerated

- Pink-top tube (10% Formalin)
- Orange-top tube (C&S)
- 1 or 3 Green-top tubes (SAF)##
- White-top cup

3. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patient's first and last name, date of birth, gender, time and date of collection, and consistency of stool specimen are recorded
- Payment is included (if applicable)

##1 tube for ONE DAY COLLECTION, 3 tubes for THREE DAY COLLECTION



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GI EFFECTS 2200 & 2205 SPECIMEN COLLECTION INSTRUCTIONS



2200 GI Effects Comprehensive Profile#

2205 GI Effects Microbial Ecology Profile#

#1 or 3 day collection

Add-On Profiles

2130 GI Effects® Campylobacter EIA Assay

2131 GI Effects® Clostridium difficile EIA

2132 GI Effects® Escherichia coli EIA Assay

2133 GI Effects® Helicobacter pylori EIA

SPECIMEN

Stool, 4 or 6## tubes and 1 cup (filled per instructions), refrigerated

4 tubes for ONE DAY COLLECTION

6 tubes for THREE DAY COLLECTION

COLLECTION MATERIALS

- 3 Collection containers
- 1 Orange-top tube (C&S)
- 1 Pink-top tube (10% Formalin)
- 3 Green-top tubes (SAF)
- 1 White-top cup
- 3 Disposable gloves
- 1 Wooden stick
- 3 biohazard bags labelled Day One, Day Two, and Day Three

SHIPPING MATERIALS**

- 3 Absorbent pads
- Test Requisition Form
- 3 biohazard bags with side pocket
- Mailing envelope



3 green-top SAF tubes



pink-top tube
(10 % Formalin)



orange-top tube
(C&S)



white-top cup



3 collection containers

** International Shipping may vary, please see shipping instructions for more details.

IMPORTANT:

All patient specimens require three unique identifiers (*patient's name and date of birth*), as well as *time and date of collection*. **Patient's first and last name, date of birth, gender, and time and date of collection** must be recorded on the **Test Requisition Form** as well as all tube(s) and/or cup(s), using a permanent marker, or the test may not be processed.



PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of last collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
 - **Refrain** from taking digestive enzymes, antacids, and aspirin for two days prior to specimen collection, unless otherwise instructed by your healthcare provider
 - If taking antibiotics, antiparasitics, antifungals, probiotic supplements (acidophilus, etc.), or consuming food products containing beneficial flora, 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 (unless instructed otherwise by your physician). There may be times when your healthcare provider prefers that you stay on one of these agents (e.g. acidophilus) during testing in order to evaluate its effectiveness. Follow your healthcare provider's recommendation
 - **Never discontinue** prescription medications without consulting your healthcare provider first.
 - **Use caution** when opening the tubes. At high altitudes, tubes may be under pressure. **Cover** tube top with a cloth and **remove top slowly**.
 - **Avoid** contact with the skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, seek medical help immediately
- CAUTION: FLUID IN TUBES. KEEP OUT OF REACH OF CHILDREN**

ONE DAY COLLECTION

- Write patient's **first and last name, date of birth, gender and time and date of collection** on the Test Requisition Form, as well as on all 3 tubes and the cup, using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results you must provide the requested information.
1. **Assemble** the collection container by folding the up the edges & connecting the ends. **Put** on the disposable glove.
 2. **Collect** your stool specimen using the enclosed collection container. **DO NOT contaminate** the specimen with either urine or water from the toilet.
 3. **Record** stool consistency on the tube labels using a permanent marker. On the Test Requisition Form **write** the actual consistency of your stool specimen on the "stool consistency" line. (see images)
 4. **Remove** the top from the **green-top tube** and, using the attached spoon, **transfer** stool specimen into the tube. **Take** multiple portions from different areas of the collection container. **Fill** the tube to the "fill line". **Mix** and **mash** the specimen until the sample is thoroughly mixed and is smooth as possible. **Screw** the top on tightly. **DO NOT OVERFILL.**
 5. **Shake** the tube vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the tube.
 6. **Repeat Steps 3 - 5 with orange-top tube**
 7. **Repeat Steps 3 - 5 with pink-top tube**
 8. **Remove** the top from the **white-top cup**. **Find and mark** the 40-ml line. **Using** the flat wooden stick provided, **pick up** several portions of stool from contrasting areas in the collection tub. **Add** sufficient stool sample to reach the 40-ml line. Using the wooden stick, **mix** stool in white-top container. **Recap** the container and check to ensure it is securely fastened. **DO NOT OVERFILL.**
 9. **Dispose** of the remaining specimen and the collection container appropriately.
 10. **Refrigerate** the tubes until ready to ship.

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THREE DAY COLLECTION

- Write patient's **first and last name, date of birth, gender and time and date of collection** on the Test Requisition Form, as well as on all 5 tubes and the cup, using a permanent marker.
- **IMPORTANT:** To ensure accurate test results you must provide the requested information.

DAY ONE



1. **Assemble** the collection container by folding the up the edges & connecting the ends. **Put** on the disposable glove.
2. **Collect** your stool specimen using the enclosed collection container. **DO NOT contaminate** the specimen with either urine or water from the toilet.
3. **Record** stool consistency on the tube labels using a permanent marker. On the Test Requisition Form **write** the actual consistency of your stool specimen on the "stool consistency" line. (see images)
4. **Remove** the top from the **green-top tube** and, using the attached spoon, **transfer** stool specimen into the tube. **Take** multiple portions from different areas of the collection container. **Fill** the tube to the "fill line". **Mix** and **mash** the specimen until the sample is thoroughly mixed and is smooth as possible. **Screw** the top on tightly. **DO NOT OVERFILL.**
5. **Shake** the tube vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the tube.
6. **Dispose** of the remaining specimen and the collection container appropriately using the black disposable bag.
7. **Refrigerate** the tubes until ready to ship.

DAY TWO

8. **Repeat Steps 1 - 7 with green-top tube**

DAY THREE



9. **Repeat Steps 1 - 5 with green-top tube**
10. **Repeat Steps 1 - 5 with orange-top tube**
11. **Repeat Steps 1 - 5 with pink-top tube**
12. **Remove** the top from the **white-top cup**. **Find and mark** the 40-ml line. Using the flat wooden stick provided, **pick up** several portions of stool from contrasting areas in the collection tub. **Add** sufficient stool sample to reach the 40-ml line. **Using** the wooden stick, **mix** stool in white-top container. **Recap** the container and check to ensure it is securely fastened. **DO NOT OVERFILL.**
13. **Dispose** of the remaining specimen and the collection container appropriately.
14. **Refrigerate** the tubes until ready to ship.

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STOOL CONSISTENCY KEY



Formed/normal



Hard/constipated



Loose stool



Watery/diarrhea

