

Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check the following guidelines.
Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES

- **DO NOT** discard the fluid from any of the collection tubes.
- **AVOID** contact of the fluid in the tubes with your eyes or skin (wash area thoroughly if this occurs).
- **DO NOT** inhale or ingest the fluid in the tubes.
- **Keep out of reach of children.**
- **2 weeks before the test**, cease taking antibiotics and antifungal drugs, unless instructed otherwise by your practitioner.
- **3 days before the test**, cease taking oral castor oil, probiotics, laxatives, aspirin or ibuprofen. Also cease taking all gut associated supplements like pre- and probiotics, digestive enzymes, detox/liver herbs and minerals, amino acids unless instructed otherwise by your practitioner.
- **2 days before the test**, follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread), fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test. Vegetarians and vegans should eat their normal diet.



STOOL COLLECTION KIT

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

For 1-Day Collection: 4 containers to be returned

1 x disposable collection tray	1 x Specimen transport bag
1 x disposable latex glove	1 x Padded post envelope, Large
1 x SAF tube (GREEN top)	1 x Request form
1 x C & S tube (ORANGE top)	1 x Collection instructions
1 x Formalin tube (PINK top)	1 x Patient Questionnaire
1 x White Capped Container	

SPECIMEN COLLECTION

1. For the 1-Day collection, collect the stool specimens on one day only on either a **Sunday OR Monday ONLY**.
2. Select 1 x **GREEN**, 1 x **ORANGE**, 1 x **PINK** and 1 x **WHITE** capped containers.
3. Label each container with your Name, Date of Birth and date of collection.
4. Put latex glove on, then pass urine into the toilet if necessary.
5. Pass stool onto the collection tray without contaminating it with urine.
6. On the right hand side of the label of the **GREEN** top container, indicate the stool appearance by ticking one of the four boxes.

7. Using the spoon handle inside the cap of the **GREEN** top container, collect several portions of stool from areas of different colour or texture, including any visible blood or pus. Add stool until the level of stool is at the bold **RED** line on the label.
8. Using the spoon handle, mix and mash the stool until the sample is thoroughly mixed, then close the lid tightly. Shake the tube vigorously.
9. Put the labeled container into the re-sealable section of the specimen transport bag. Specimens should be stored in a refrigerator (**DO NOT Freeze**).
10. Repeat the above process using the **ORANGE** and **PINK** cap vials.
11. Collect the remainder of stool into the **WHITE** capped container.
12. Complete the request form details, including the credit card payments section, and place the completed request form into the other unsealed section of the specimen transport bag.
13. Complete the patient questionnaire and place into the other unsealed section of the specimen transport bag
14. Complete the patient checklist form to ensure no delays in transit.
15. Place the 4 specimens into the provided envelope and Express Post back to NutriPATH as soon as possible on the same day.

Thank you for your request, Results will be forwarded to your referring practitioner between 14-16 working days, depending on the analyses requested.