

Complete Microbiome Mapping

Collection Instructions

NZ Version 1: August 2020

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

Before proceeding, please check through the following guidelines. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- Collect this sample on a **Sunday or Monday morning ONLY**.
- This is a one day stool collection sample.
- DO NOT discard the fluid in the tubes as this is a preservative.
- 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.

GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.

Stool Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 0800 88 44 33.

- 1 x disposable collection tray
- 1 x disposable latex glove
- 1 x Cary-Blair tube (Green Top)
- 1 x Stool volume indication card
- 1 x White top container
- 1 x Specimen transport bag
- 1 x Courier bag (prepaid)
- 1 x White padded envelope
- 1 x Request form
- 1 x Collection instructions



SPECIMEN COLLECTION:

1. Collect the stool specimens on either a **Sunday or Monday morning ONLY**. Please note this is a 1 day stool sample collection.
2. On the day of collection, put latex glove on, then pass urine into the toilet if necessary.
3. Pass stool onto the collection tray without contaminating it with urine.
4. On the right hand side of the label of the **Green top** container, indicate the stool appearance by ticking one of the four boxes (Watery, Loose, Formed, Bloody).
5. 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 different sections of stool until the level of stool is at the **bold black line** on the label.
6. Using the spoon handle, mix and mash the stool until the sample is thoroughly mixed, then close the lid tightly and shake the container vigorously to ensure the sample has been thoroughly mixed.

7. Label the container with patient's full name and date of birth.
8. Put the labeled container into the re-sealable section of the specimen transport bag. Specimens should be stored in a refrigerator until ready to be transported (DO NOT Freeze).
9. Open the White cap container. Using the spoon inside the lid, collect several portions of stool from areas of different colour or texture, including any visible blood or pus. Add stool until the container is half to three-quarters full.
10. In total **1x Green top** and **1x White top** should be collected.
11. Ensure that the two specimen container lids are screwed on tightly to ensure that they do not leak in transit and placed **into the White Padded bag then** into the sealed section of the specimen transport bag.
12. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
13. When your sample is ready to be transported, please email NZ Couriers returnedbooking@nzcouriers.co.nz or phone on 0800 800 841 to arrange pick up. **Please advise this is a medical specimen.** Alternatively, you can drop the package to your **nearest agent**. (Record the consignment number on the front of the track pack. This is your record to track delivery)