

FAECAL DNA PCR STOOL & GIT MARKERS

Collection Instructions

NZ Version 2: April 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 read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- Collect and send this sample **on a Sunday or Monday morning ONLY**.
- **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.

PCR & GIT Markers 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 Collection tube (white top)
- 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 INSTRUCTIONS

1. Collect and send specimen on a **Sunday or Monday morning ONLY**.
2. On the morning of sample 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. Open the white top collection tube. Use the scoop in the lid to collect several portions of stool from areas of different colour or texture, including any visible blood or pus. Add stool to the white top collection tube until it is 3/4 full, then close the lid tightly.
5. Label the tube with patient's full name, date of birth and date of collection.
6. Place the labelled tube **into the White Padded bag then** into the sealable section of specimen transport bag.
7. Flush the unused stool down the toilet and dispose of the collection tray and glove.
8. 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.
9. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.
Please advise this is a medical specimen.
Alternatively, you can drop the package to your **nearest agent**.
(Record the "customer" number on the front right of the track pack.
This is your record to track delivery)