



A Stool Collection Instructions Video can be found here: [www.greatplainslaboratory.com/comp-stool-video](http://www.greatplainslaboratory.com/comp-stool-video)

## Before You Begin Collections

- Send stool samples off to the lab **Monday through Wednesday ONLY**. Extra shipping charges will apply for Saturday deliveries (Friday shipments), which may compromise the sample due to the lab being closed over the weekend. **The samples for the black topped vials must be collected on two separate days (or at least 12 hours apart)**. All four stool specimens must be shipped together within 5 days of the second collection. We suggest starting the first collection on the weekend.
- Save the cardboard box and place the gel pack flat into the freezer for at least 4 hours to ship back to us
- Please check your vials for expiration date. If vials have expired, call Customer Service for replacement vials.
- Do not allow urine or water to touch the sample as that will contaminate it.
- Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your physician immediately.
- If you are unable to produce a stool sample, only the following recommended laxatives can be used:
  - Oral phosphate soda laxatives such as Fleet
  - Magnesium citrate
  - Psyllium fiber
  - Enemas may be given using distilled water only
 Give laxatives 24 hours before any sample collection. Do not use any suppositories or mineral oil.
- Consult your physician for specific instructions and before stopping any medications.
- Fill out the Test Requisition Form (TRF) completely. Please print clearly. Include health care practitioner's approval in the space provided on the Test Requisition Form. A physician authorization can be attached to the requisition.
- If you have any questions, please call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com

## Testing Requirements and Guidelines

Vial Type	Minimum Sample Requirement	Items to Discontinue: (Unless otherwise instructed by a doctor)	Collection: Day 1	Collection: Day 2	After Collection
White Top	10 mL stool (¾ full)	Digestive enzymes, antacids, iron supplements, vitamin c over 250 mg, aspirin, anti-inflammatories, and large amounts of meat 48 hrs prior to collection	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen. Fill vial at least ½ full with stool for an accurate test.		Place specimen in freezer.
Yellow Top	5 mL stool (to fill line)			Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.
Black Tops (2)	5 mL stool (to fill line)		Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.

**Vials will have fixative agents in them. Do not pour out liquid. If it spills please contact Customer Service for another kit.**

## Preparing and Shipping the Specimen

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1. Print the patient's full name, time, and collection date on the vial. You do not have to provide an ID number.
2. Place the white-topped vial and the frozen gel pack into the bubble wrap envelope. Place into the cardboard box.
3. Place the yellow topped vial and both black topped vials into the plastic biohazard zip-lock bag. Next, place the absorbent packing sheet into the biohazard the zip-lock bag with the samples and seal.
4. Fold the completed Test Requisition Form and place it in the outside pocket of the biohazard zip-lock bag containing the specimens.
5. Place the biohazard bag with the remaining 3 vials into the cardboard box. Seal box.
6. Place the box in the FedEx Clinical Pak. Please take note of the shipping/tracking number if you would like to track the package.
7. Seal the FedEx Clinical Pak.
8. Call FedEx at 1-800-463-3339 for pickup. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.

## Turn Around Time

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Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.