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## PREPARE PACKAGE

1. Write the patient's name, the date of collection, and patient's date of birth on both specimen vials. (You do not have to provide an ID#. The lab will assign one upon arrival). ***The test cannot be performed without the patient information on the vials.***

2. Place the **WHITE top vial into the bag and seal.** Place the Polar-Pack gel pack into the pouch on the back of the bag and freeze overnight (or at least 6 hours). Place the **YELLOW top vial** in the bag and seal, then place the bag into the cardboard shipping box. Place the box in a refrigerator until you are ready to ship the specimens.

3. Retrieve the bag containing the frozen white capped vial and Polar-Pack gel pack from the freezer. Place the bag and its contents into the cardboard shipping box. Check to be sure that all of the bags and vials are in the box.

4. Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the form in the cardboard shipping box. The specimen is now ready for shipment.

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## SHIPPING

Place kit box inside the **Clinical Pak**. Write your name and address on the Billable Stamp and tear off the Customer Receipt for your records. Place on FedEx Clinical Pak.

**Please ship as soon as possible.** To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens the same day you finish the collection, such as over a weekend or holiday, put the **WHITE top vial** back in a freezer and place the cardboard box containing the **YELLOW top vial** into a refrigerator until you are ready to ship the test collection kit.

### SCHEDULE A PICK-UP (USA ONLY)

**Call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX).**

At the greeting, say "Schedule a Pick-up." When prompted, say "Schedule a Pick-up using a Label or Stamp." Reply "Yes" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information. **DO NOT USE A DROP BOX.**

In some cases, Doctor's Data provides prepaid shipping from certain countries outside the United States. If that policy pertains to this collection kit, then country specific shipping materials (including an Air Waybill and instructions) will be included in the kit contents. If there are not any shipping materials included or you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

# CSA

## Comprehensive Stool Analysis

## COLLECTION INSTRUCTIONS STOOL SPECIMEN



Read all instructions before  
collecting specimens.

SCIENCE + INSIGHT

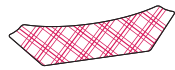
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## KIT CONTENTS

If you are missing kit components, call Doctor's Data at 800.323.2784 for assistance.



Kit Box



Stool Collection Container



Ice Pack  
(place in freezer immediately)



Plastic Bag

Yellow top vial with preservative

Disposable Glove



Plastic Bag

White top vial no preservative

Absorbent Material



Requisition Form



FedEx Clinical Pak  
(USA only)



FedEx Billable Stamp  
(USA only)

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## IMPORTANT PREP INFO

**BEFORE YOU START:** Please read all of the instructions carefully before beginning. Consult your physician for specific instructions and before stopping any medications.

| DISCONTINUE THE FOLLOWING  |   |
|----------------------------|---|
| <b>2 weeks before test</b> | Antibiotics, antiparasitics, antifungals, or probiotic supplements, proton pump inhibitors (PPIs) and Bismuth   |
| <b>2 days before test</b>  | Aspirin and other NSAIDs, digestive enzymes, laxatives (particularly mineral oil, castor oil, and glycerin enemas/suppositories), activated charcoal, betaine HCl, antacids or bentonite clay |

| OTHER INFORMATION   |  |  |
|---|--|--|
| Do not collect samples when there is active bleeding from hemorrhoids or menstruation | Wait at least 4 weeks from a colonoscopy or barium enema before collecting | Do not contaminate the stool with urine or water |

The YELLOW top vial is filled to the middle of the vial with liquid preservative. If the liquid levels fall below the middle of the vial or there is evidence of leakage, call Customer Service for assistance.

**Caution:** avoid contact of the skin and eyes with the fluid in vials. If you get fluid in your eyes, flush with water for 15 minutes. If your skin comes in contact with vial fluid, wash with soap and water. If ingested, please contact a physician.

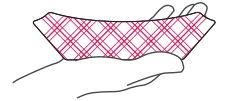
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## COLLECTION

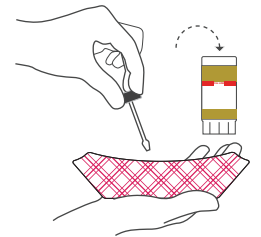
### HOW TO COLLECT YOUR STOOL SAMPLE

Make sure to write the patient's name, date of birth and the date collected on each specimen vial.

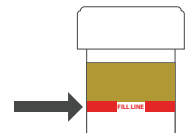
1. Put on glove and collect stool into the paper collection container supplied. If possible, void urine prior to collecting stool to avoid mixing it with the stool sample.



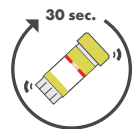
2. **WHITE** vial: Remove the cap, and using the attached spoon transfer stool specimen into the vial. Take multiple portions from different areas of the collection container.



3. Add enough stool until it reaches the **fill line**. **DO NOT OVERFILL**. Screw the cap on tightly.



4. **YELLOW** vial: Repeat steps 2 and 3 as noted above. Shake the yellow vial vigorously for approximately 30 seconds to mix stool with preservative.



Continue to page 5 for packing instructions