

Test Kit Instructions

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Instructions for Stool Collection for DDI FW: White-Capped Faecal Container

This sample is a referral from Viva Health Laboratories to Doctor's Data Inc.

Please read the instructions carefully.

- If you are taking antifungal or antibiotic medication, please finish the course of medication and wait for 3 days before starting the collection.
- Please refrain from taking digestive enzymes, laxatives, antacids, and aspirin for 48-hours prior to and during the specimen collection, unless otherwise instructed by your practitioner.
- **Never** discontinue prescription medications without first consulting your doctor.

You are required to provide a single stool sample.

You will need:

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|--|----------------------------------|
| • White-capped faecal container (Provided) | • Absorbent pad (Provided) |
| • Cardboard collection tray (Provided) | • Sample request form (Provided) |
| • Small clear sample bag (Provided) | • Ice pack (Provided) |
| • Disposable gloves (Provided) | |

Stool collection instructions:

1. Collect your stool specimen into the cardboard collection container. **Do not** contaminate the specimen with either urine or water from the toilet.
2. Unscrew the cap from the white-capped faecal container and transport the stool specimen into the vial. Take multiple portions from different areas of the collection container. Fill the vial to the fill line (approximately half-full). **DO NOT OVERFILL**. Screw the cap on tightly.
3. Label the white-capped faecal container with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Home post code**
 - **Sample collection date**
4. The remaining sample in the cardboard collection container can be discarded.
5. Place the faecal container and ice pack into a freezer until frozen solid prior to posting the sample.

Posting the sample:

1. Place the faecal container into the clear sample bag and seal.
2. Place the provided sample request form into the pocket of the clear sample bag.
3. Place the bag and ice pack into the white cardboard box and seal with the provided sticker.
4. Place the white box into the grey postal bag with return label and seal.

IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the sample container. These **MUST** match the sample request form received with this sample.

It is highly recommended to post samples as soon as possible after collection between Monday - Thursday, to minimise delays in the laboratory receiving the sample over the weekend and ensure suitable sample stability.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.