

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR
Email: support@vivahealthlaboratories.com

Tel: +44 (0)330 088 3030
Website: vivahealthlabs.com



Instructions for Stool Collection for STCP: Stool Chemistry Panel

This sample is a referral from Viva Health Laboratories to DDI 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.

To properly assess fat absorption, you should consume 60-100g of dietary fat each day for **3 days** prior to collection.

You are required to provide a single stool sample.

You will need:

- White-capped faecal container* (Provided)
- Cardboard collection tray (Provided)
- Small clear sample bag (Provided)
- Disposable gloves (Provided)
- Absorbent pad (Provided)
- Sample request form (Provided)
- Ice pack (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, using the attached spoon, 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**
 - **Date of Birth**
 - **Sample collection date**
4. The remaining sample in the cardboard collection container can be discarded.
5. Place the white-capped faecal container and ice pack into a freezer until frozen solid prior to posting the sample.

Posting the sample:

1. Place the white-capped 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 cardboard box and close.
4. Place the cardboard 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 faecal container.

These **MUST** match the sample request form received with this sample.

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