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Viva Health Laboratories

Instructions for Stool Collection: Stool GI-Map and GI-Pathogens (GI6, GI8, GI9 & GI10)

This sample is a referral from Viva Health Laboratories to Diagnostic Solutions Laboratory, USA.

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.

Items included in your test collection kit:

- 1 x Orange-capped faecal container*
- 1 x Cardboard collection tray
- 1 x Polythene sample bag
- 1 x Absorbent pad
- 1 x Disposable gloves
- 1 x Sample request form
- 1 x Return shipping box
- 1 x VHL addressed return grey bag with postage label

***CAUTION:** Avoid contact of the skin and eyes with the red fluid in the sample vial. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If any of the fluids are accidently ingested contact your doctor immediately.

Stool collection instructions:

1. Label the sample vial with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Sample collection date**



Write the Patient Name, Date of Birth, and Collection Date on the Specimen Vial label.*

** Actual label may vary from image.*

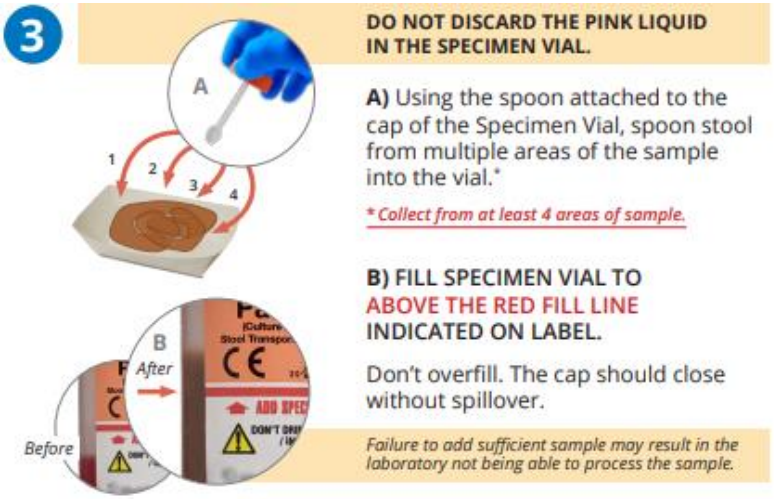
2. Put gloves on and collect your stool specimen into the cardboard collection container. **Do not** contaminate the specimen with either urine or water from the toilet.



IMPORTANT: Put gloves* on and pass stool into the Collection Tray.

** Wear gloves while collecting the sample.*

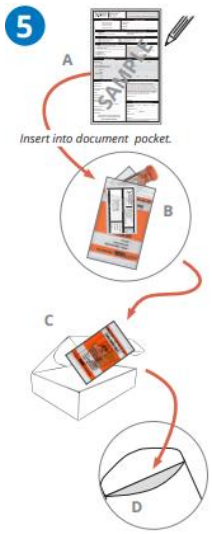
3. Unscrew the cap from the orange-capped faecal container and using the attached spoon, collect stool from multiple areas of the sample and transfer into the vial. Collect from at least four areas of the sample. Fill the vial to above the red fill line. Do not overfill.



4. Carefully mix the stool and fluid with the spoon attached to the cap. Replace the cap tightly and shake vial vigorously for 30 seconds. The remaining sample in the cardboard collection container can be discarded.



5. Place the sample vial into the supplied polythene bag and seal, place this into the return shipping box.



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.

Please post samples Monday to Tuesday only as we need to courier them to an American laboratory for analysis (keep frozen if there's any delay before sending).

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