Test Kit Instructions

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Viva Health Laboratories

Instructions for Stool Collection for DDI FY: Yellow-Capped Faecal Container

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

Please read the instructions carefully.

- Please refrain from taking probiotic supplements for two weeks prior to collection, unless otherwise instructed by your practitioner. 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 will need:

- Yellow-capped faecal container (Provided)
- Cardboard collection tray (Provided)
- Small clear sample bag (Provided)
- Absorbent pad (Provided)
- Sample request form (Provided)
- Disposable gloves (Provided)

***CAUTION:** Avoid contact of the skin and eyes with the fluid in the 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. 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 yellow-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. Shake the yellow-capped faecal container vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the container.
4. Label the yellow-capped faecal container with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Home post code**
   - **Sample collection date**
5. The remaining sample in the cardboard collection container can be discarded.
6. Place the yellow-capped faecal container into a refrigerator prior to posting the sample.
7.

Posting the sample:

1. Place the yellow-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 into the cardboard box and close.
4. Place the 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.