

# Complete Microbiome Mapping

## Collection Instructions

Version 4: April 2020

### COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

**Before proceeding, please check through the following guidelines. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.**

### IMPORTANT PRE-COLLECTION INFORMATION

- This is a One day stool collection sample.
- DO NOT discard the fluid in the tubes as this is a preservative.
- AVOID contact of the fluid in the tubes with your eyes or skin (wash area thoroughly if this occurs).
- DO NOT inhale or ingest the fluid in the tubes.
- Keep out of reach of children.
- **2 weeks before the test:** Cease taking antibiotics and antifungal drugs, unless instructed otherwise by your practitioner.
- **3 days before the test:** Cease taking oral castor oil, probiotics, laxatives, aspirin or ibuprofen. Also cease taking all gut associated supplements like pre- and probiotics, digestive enzymes, detox/liver herbs and minerals, amino acids unless instructed otherwise by your practitioner.
- **2 days before the test:** Follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread), fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test. Vegetarians and vegans should eat their normal diet.

To view a demonstration video on how to collect your sample, please visit our website [www.nutripath.com.au](http://www.nutripath.com.au), enter your Test Name in the “Search for a product” section and click on collection method video.

*“Thank you for your request. Results will be forwarded to your referring practitioner upon completion.”*

# Stool Collection Kit

## KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 1 x disposable collection tray
- 1 x disposable latex glove
- 1 x Cary-Blair tube (Green Top)
- 1 x Stool volume indication card
- 1 x White top container
- 1 x Specimen transport bag
- 1 x Reply Paid Post Padded Envelope
- 1 x Request form
- 1 x Collection instructions



*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*

## SPECIMEN COLLECTION:

1. Collect the stool specimens on either a **Monday, Tuesday or Wednesday ONLY**. Please note this is a 1 day stool sample collection.
2. On the day of collection, put latex glove on, then pass urine into the toilet if necessary.
3. Pass stool onto the collection tray without contaminating it with urine.
4. On the right hand side of the label of the **Green top** container, indicate the stool appearance by ticking one of the four boxes (Watery, Loose, Formed, Bloody).
5. Using the spoon handle inside the cap of the **Green top** container, collect several portions of stool from areas of different colour or texture, including any visible blood or pus. Add different sections of stool until the level of stool is at the **bold black line** on the label.

6. Using the spoon handle, mix and mash the stool until the sample is thoroughly mixed, then close the lid tightly and shake the container vigorously to ensure the sample has been thoroughly mixed.
7. Label the container with patient's full name and date of birth.
8. Put the labeled container into the re-sealable section of the specimen transport bag. Specimens should be stored in a refrigerator until ready to be transported (DO NOT Freeze).
9. Open the White cap container. Using the spoon inside the lid, collect several portions of stool from areas of different colour or texture, including any visible blood or pus. Add stool until the container is half to three-quarters full.
10. In total **1x Green top** and **1x White top** should be collected.
11. Ensure that two specimen container lids are screwed on tightly to ensure that they do not leak in transit and placed into the sealed section of the specimen transport bag.
12. Ensure that your NutriPATH request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
13. Complete the '**NutriPATH Patient Checklist Form**' to ensure no delays in test results.
14. Place the request form and specimen transport bag into the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.

