




GI Effects Stool Panel Instructions	Patient Handout
Collection Materials	
<ul style="list-style-type: none"><input type="checkbox"/> Collection container<input type="checkbox"/> Orange cap C&S vial<input type="checkbox"/> Pink cap 10% Formalin vial<input type="checkbox"/> White cap nucleic acid vial<input type="checkbox"/> 2 Disposable gloves	
Patient Preparation	
<ul style="list-style-type: none"><input type="checkbox"/> Refrain from taking digestive enzymes, antacids, and aspirin for two days prior to specimen collection, unless otherwise instructed by your healthcare provider<input type="checkbox"/> Finish taking antifungal or antibiotic medications and wait three days before beginning collection.<input type="checkbox"/> Never discontinue prescription medications without consulting your healthcare provider first.<input type="checkbox"/> Caution: Fluid in vials. Avoid contact with the skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your healthcare provider immediately.<input type="checkbox"/> Write patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as all vials, using a permanent marker.	
Stool Collection	
	<ul style="list-style-type: none"><input type="checkbox"/> Put on the disposable gloves.<input type="checkbox"/> Collect your stool specimen using the enclosed collection container. DO NOT contaminate the specimen with either urine or water from the toilet.<input type="checkbox"/> Record stool consistency on the tube labels using a permanent marker. On the Test Requisition Form under Section 4, "Test Information," write the actual consistency of your stool specimen on the "stool consistency" line.<ul style="list-style-type: none"><input type="radio"/> Hard/constipated<input type="radio"/> Formed/normal<input type="radio"/> Loose stool<input type="radio"/> Watery/diarrhea<input type="checkbox"/> For all three vials remove the cap and using the attached spoon, transfer stool specimen into the vial. Take multiple portions from different areas of the collection container. Fill the vial until the liquid reaches the "fill line". DO NOT OVERFILL. Screw the cap on tightly.<input type="checkbox"/> Shake all vials vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vials.<input type="checkbox"/> Dispose of the remaining specimen and the collection container appropriately.<input type="checkbox"/> Place the vials and orange absorbent pad into the biohazard bag.<input type="checkbox"/> Seal the biohazard bag; Place it into the specimen collection kit box and close the box.<input type="checkbox"/> Refrigerate until ready to ship.
Shipping the Specimen	
<ul style="list-style-type: none"><input type="checkbox"/> Return stool specimen to The Hoffman Centre within 1 business day, Monday-Thursday by noon.<input type="checkbox"/> Please keep in mind that if the specimen is not dropped off in a timely manner it will be rejected by the laboratory. (DO NOT drop the test kit off on a Thursday afternoon or Friday as we will not be able to ship the specimen out)<input type="checkbox"/> Check to make sure that all of the forms are filled out completely (Name, address, date of birth, signature and the personal questionnaire).<input type="checkbox"/> If you are shipping the specimen yourself, please make sure that you contact the Hoffman Centre for everything that you will need.<ul style="list-style-type: none"><input type="radio"/> The specimen must be sent Monday – Thursday, next day delivery (international), and the waybill will be supplied.<input type="radio"/> Please keep in mind any Canadian or USA holidays that may cause a delay in shipping.	

For any further instruction please feel free to contact us at: 403-206-2333.