

## **Collection Instructions for 2 'B' Stool Vials**

**Write your name and date of birth on all vials and record the dates of collection.**

**Please do not discard fluid in stool vials.** If liquid spills from a vial, please contact your provider for a replacement.

**Please schedule sample collection so that you can ship on a Monday or Tuesday to ensure we receive your samples prior to the weekend.**

### **Preparation**

**Avoid the following prior to collection:**

- Bulk laxatives, osmotic or stimulant laxatives, and rectal suppositories for 3 days.
- Antacids, bismuth compounds, mineral oil, castor oil, activated charcoal, bentonite clay, enemas, and colonics for 1 week.
- Antifungal and antimicrobial medications or herbs for 2 weeks.

### **Collection schedule**

#### **1st Collection – 'B' Stool Vial #1:**

Stretch plastic wrap across toilet bowl or use a plastic container to catch stool. Then collect and transfer enough stool into the first **'B' Stool Vial** to raise the liquid in the vial to the upper groove line, just below the bottom of the cap.

Use spoon to break up clumps and stir thoroughly.

Remove spoon from cap. (Discard spoon.)

**Recap Vial tightly.** Shake sample vigorously for one minute and then refrigerate.

#### **2nd Collection – 'B' Stool Vial #2:**

At least 24 hours and no more than 2-3 days later, perform a fresh stool collection for the second **'B' Stool Vial**.

**Recap Vial tightly.** Shake sample vigorously for one minute and then refrigerate.

**Refrigerate all samples until shipment. Please ship as soon as possible within 2-3 days of last sample collection.**

**PLEASE DO NOT freeze stool collections.**

### **Shipping Instructions**

**US Domestic:** Tuck front flap into box and seal with shipping label (included in box). Place label within dashed lines and adhere over front edge of box. Send from your most convenient shipping location, matching the carrier indicated on your return shipping label.

**International:** Seal box with clear tape. Delivery charges will apply. Deliveries can be made Monday through Friday. Please ship with the carrier of your choice to guarantee next day or two-day delivery.

#### **For Express Couriers:**

DiagnosTechs, Inc.  
Sample Processing  
840 S 333rd St  
Federal Way, WA 98003 USA  
425-251-0596