

Collection Instructions for 'A' Stool Vial and 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 and do not switch labels. DO NOT TRANSFER stool from one vial to the other vial. 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, rectal suppositories, vitamin C, heme iron supplements, rare red meat, and peroxidase containing foods (broccoli, cauliflower, radishes, parsnips, turnips, grapefruit, figs, horseradish, cantaloupe, and kale) 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 and the 'A' Stool Vial:

2-3 days later, perform a fresh stool collection for the second **'B' Stool Vial** and the **'A' Stool Vial**.

Recap both Vials tightly. Shake both samples vigorously for one minute.

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. Ship with FedEx and select two to three day delivery. Shipping charges will apply. Deliveries can be made Monday through Friday. International shipping forms are available at www.diagnostechs.com (see Patients → Shipping Instructions).

For Express Couriers:

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