

Fecal Specimens

For any stool tests, collect all 3 vials

Content: 2 "B" Vials & 1 "A" Vial.

Write your name and date of birth on all vials and on front of form.

Please do not discard fluid in vials and **do not switch labels.**

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

Avoid the following prior to collection:

- Bulk laxatives, osmotic or stimulant laxatives, vitamin C, heme iron, 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.

To collect stools - Use Diagram Below:

Refrigerate all samples. Please mail within 2-3 days of last sample collection

1st Collection - "B" Vial: Stretch a plastic wrap across toilet bowl or use a plastic container to catch stool. Then collect stool in one of the B vials.

2nd Collection - 2nd "B" Vial and "A" Vial: 2-3 days later, perform a fresh stool collection for the remaining "B" and "A" vials.

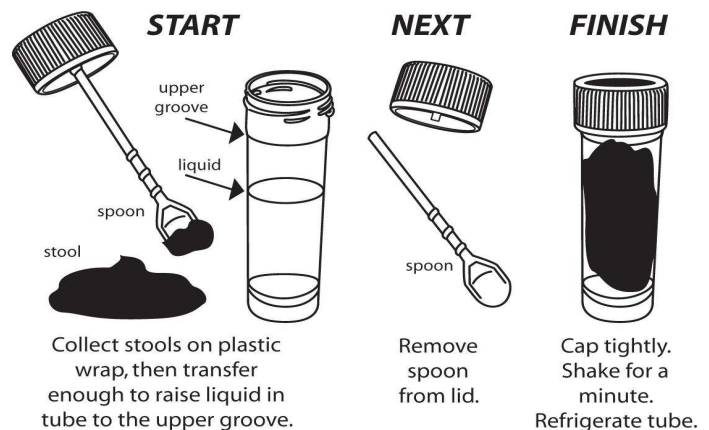
Date 1st Sample (B Vial) Collected: _____

Date 2nd Sample (A Vial & 2nd B Vial) Collected: _____

Refrigerate all samples until mailing
PLEASE DO NOT freeze stool collections

Stool Collection Diagram for A & B Tubes

*Avoid urine and water contamination of stool samples.



STORAGE & SHIPPING INSTRUCTIONS FOR ALL SPECIMENS

- ☐ Ship samples on same day as last sample collection (preferred). If not, refrigerate samples; ship within 3 days.
- ☐ Write name, address, date of birth, and collection date on the order form.
- ☐ Write name and date of birth on all vials.
- ☐ Be sure required test orders are marked on the order form. If not, please contact your provider for test orders.
- ☐ Include payment check or credit card information, if applicable. We do not accept cash.
- ☐ Place vials, order form, and payment into kit box.
- ☐ **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. Drop off test kit with the carrier indicated on the return shipping label.
- ☐ **International:** shipping charges will apply. Ship test kit with FedEx and select two to three day delivery. Deliveries can be made Monday through Friday. International shipping forms are available on our website. See Patients -> Shipping Instructions

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