

Stool Test Instructions:

Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and fill out labels on all sample collection tubes.

Before You Begin:

Read over all instructions included with your test kit to follow recommended restrictions and to plan your collection day.

Restrictions Prior to Sample Collection:

On Collection days:

- Do not use any bulk laxatives or enemas to assist bowel movements during the period in which you are collecting samples
- Over-the-counter glycerin rectal suppositories may be used

For 5 days prior to your sample collection, please restrict the following:

- Mineral oils
- Non-absorbable anti-diarrheal preparations
- Bismuth (e.g. Pepto Bismol)
- Chewable or liquid antacids (e.g. Tums)
- Castor oil
- Liquid petrolatum

For 2 weeks prior to your sample collection, please restrict the following:

- Discontinue any antibiotic, anti-parasitic, anti-malarial, or anti-fungal medication
- Avoid barium sulfate (if undergoing any recent radiological examination)

Collection: How to Complete the Stool Collection

Follow the instructions as outlined on the Patient Test Instructions included in your lab kit.

For more information or frequently asked questions, please visit: <https://www.biohealthlab.com/patient/patients-faq/>

Lab Contact Info:

- **Phone:** 800-570-2000 or 307-212-6600
- **Email:** support@biohealthlab.com

Mailing Sample (Within USA Only - Not Available Internationally at this time)

- Place all contents & forms back in the test kit box (don't forget the ice pack!) and place in the return packaging provided.
- Attach the pre-paid UPS shipping label and drop off at your nearest UPS location

Follow Up Appointment

- Once you have mailed in your lab sample please email scheduling@cabralwellnessinstitute.com to set up your follow up appointment to review your results and new wellness recommendations.
- Results are typically ready after 3-4 weeks once samples have reached the lab

Questions?

Please visit the following page for frequently asked questions about lab testing and shipping: <https://www.biohealthlab.com/patient/patients-faq/>