

Shipping and posting information:

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays Please ensure your samples are received by us no later than Friday MIDDAY.

Due to the nature of this specimen and its volume, you are not allowed to send this sample through the Royal Mail postal system. Please use the UPS service offered or another of your choice.

For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples.

Returning your samples in the UK via UPS

Enclosed you will find a return shipping label for our UPS courier service. Should you choose to use this service then you will be charged accordingly, details of which are separately enclosed.

Within the UK, UPS offer 3000 convenient drop off locations, this service means no waiting for couriers to arrive, we suggest you visit the UPS website at www.ups.com/dropoff. Alternatively the UPS home /office collection service normally offer a 4 hour collection window. Please see the enclosed shipping information sheet.

Track the status of your shipment, copy the tracking number on your shipping label and track its progress using the UPS website.



CM101

Comprehensive Stool Analysis

Before You Start:

Please read all of the directions, and familiarise yourself with the collection procedures and shipping instructions prior to commencement. If you are taking antifungal or antibiotic medications, please finish the course of medication, and then wait three days before starting this collection. Please refrain from taking digestive enzymes, laxatives (particularly mineral oil and castor oil) antacids, aspirin, and substances containing barium and/or bismuth for two days prior to and during the specimen collection, unless otherwise instructed by your physician. To properly assess fat absorption, you should consume 60-100g/day of dietary fat for three days prior to the collection. *Never discontinue prescription medications without first consulting your physician.*

Refrain from taking probiotic supplements for two weeks prior to specimen collection unless instructed otherwise by your physician

Verify Kit Contents:

- 1 Test requisition form
- 1 Polar Pack gel pack
- 1 Collection Tray
- 1 Yellow-capped vial
- 1 White-capped vial
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 Blue Plastic Reply Envelope
- 1 Original shipping box
- 1 Shipping label

Caution: Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your physician immediately.

(CHECK SHIPPING DETAILS BEFORE COMMENCING)

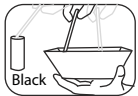
Collection Instructions:



1) Collect your stool specimen into the collection tray. *DO NOT contaminate the specimen with either urine or water from the toilet.*



2) Unscrew the cap on the WHITE capped vial and, using the attached spoon, transport stool specimen into the vial. Take multiple portions from different areas of the collection container. Fill the vial to the fill line (approximately half full). **DO NOT OVERFILL.** Screw the cap on *tightly*.



3) Unscrew the cap on the YELLOW-capped vial and, using the attached spoon, transport stool specimen into the vial. Take multiple portions from different areas of the collection container. Fill the vial to the fill line (approximately half full). **DO NOT OVERFILL.** Screw the cap on *tightly*.



4) Shake the YELLOW-cap vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.



5) Write the patient's name, the date of collection, and patient's date of birth on both specimen vials. **(The test cannot be performed without the patient information on the vials.)**

6) Place the white capped vial and polar pack into the freezer for at least 6 hrs or over night. Place the YELLOW capped vial into the zip lock bag then place into the return box. Hold at room temperature or in the refrigerator until you are ready to ship.

7) Retrieve the frozen white vial and polar pack from the freezer. Place in shipping box with other vials.



8) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.**

Place the form in the Reply Envelope. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens the same day you finish the collection, such as over a weekend or holiday, put the white vial and polar pack in the freezer and place the Remaining contents into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.