

Patient Handout:

Stool Testing Instructions

In this handout, you will find information about the different types of stool testing we use in our practice. Some tests require that you stop certain medications or supplements for a couple of weeks before collection, so be sure to read the information about your specific test below, as well as the stool collection instructions provided by the lab company itself.

Doctor's Data GI360

WHAT IS THE PURPOSE OF THIS TEST?

Doctor's Data GI360 is a stool test that detects and assesses pathogens, viruses, parasites, and bacteria that may be contributing to gastrointestinal symptoms and gut dysbiosis.

Note for New York State Residents: Due to lab and state regulations, we are unable to ship this kit to an address in the state of New York, and **you may not list a New York** return address on the requisition form or your return shipping label. Please ensure you are shipping the completed kit from outside the state of New York. We cannot be held responsible for rejected samples should you complete and return the kit from inside the state of New York.

WHERE DO I FIND AND HOW DO I FILL OUT THE REQUISITION ORDER FOR THIS TEST?

Your test kit will come with a Test Requisition Form for you to complete and send back to the lab with your kit. When you receive the requisition, please complete the following information in each appropriate box:

- Box 1: Bill to Physician Account.
- Box 2: Write "signature on file" on the Physician Signature line.
- Box 3: Mark the "GI360" test and fill in the date you collected your final sample. Do not mark any add-on stool tests or fill in any diagnosis codes.

Note: If we have also ordered the *Helicobacter pylori* test for you, please click on "show details" for that test, and follow the instructions there instead for how to fill out the requisition.

- Box 4: Review your Patient Information and make corrections or fill in data as needed. Make sure to sign and date.

- Boxes 5 and 6: The test has been paid for in full, so please do not add any additional payment or insurance information.

Note: *If you have Medicare, you must fill out the Advance Beneficiary Notice of Non-coverage form and send it back with your requisition. Please mark option number two when filling out the form since you have already paid us for the test, and we do not bill Medicare. Also, make sure you sign the form.*

HOW DO I PREPARE IN TERMS OF DIET, SUPPLEMENTS, AND MEDICATIONS?

Discontinue the following two weeks before the test:

- Antibiotics, antiparasitics, antifungals, or probiotic and prebiotic supplements (this includes food sources of probiotics, as well, such as sauerkraut), proton pump inhibitors, and bismuth.
- If you are taking antifungal or antibiotic medications, please finish the course of medication, and then wait two weeks before starting this collection.

Discontinue the following two days before the test and during the specimen collection:

- Aspirin and other non-steroidal anti-inflammatory drugs, digestive enzymes, laxatives (particularly mineral oil, castor oil, and glycerin enemas/suppositories), activated charcoal, betaine hydrochloride, antacids or bentonite clay, and substances containing barium or bismuth.

To properly assess fat absorption, you should consume 60 to 100 g/day of dietary fat for three days before the collection.

Note: *Being off a few grams below or above this won't matter; what is important is to not complete this test while consuming a low-fat diet in the days leading up to it.*

Please refrain from using laxatives (other than Fleet brand oral laxatives), high-dose vitamin C (more than 1000 mg/day), and suppositories for two days before and during the collection.

If you need something to assist in producing a bowel movement, you may use magnesium glycinate, magnesium malate, magnesium citrate, Iberogast, 5-hydroxytryptophan, psyllium husk, prune juice, or Fleet brand oral laxatives.

IS THE TIMING OF THIS TEST IMPORTANT?

- Do not collect samples when there is active bleeding from hemorrhoids or menstruation.
- Wait at least four weeks from a colonoscopy or barium enema before collecting.
- You have seven days to collect your three samples. The samples must be collected at least 12 hours apart.

- Please ship your samples as soon as possible, Monday through Thursday only. For best results, the lab should receive your sample(s) within 48 hours of shipping it.
- Your test kit expires in one year; a month/date expiration will be printed on the vials in your kit. If your kit has expired, please contact us to order you a new one.

HOW DO I COLLECT MY SAMPLE?

You can find full stool collection instructions on the [Doctor's Data website](#).

WHERE CAN I READ MORE ABOUT THIS TEST?

You can learn more about the GI360 test at <https://www.gi360.com/>.

Diagnostic Solutions Laboratory GI-MAP

WHAT IS THE PURPOSE OF THIS TEST?

Diagnostic Solutions Laboratory's GI-MAP test investigates gut health by measuring opportunistic organisms, normal flora, fungi, parasites, and antibiotic resistance genes.

Note for New York State Residents: *Due to lab and state regulations, you cannot collect your samples within the state of New York. We cannot be held responsible for rejected samples should you complete the kit from inside the state of New York.*

HOW DO I PREPARE IN TERMS OF DIET, SUPPLEMENTS, AND MEDICATIONS?

Before collecting your sample, refrain from taking aspirin for two days, refrain from taking antibiotics and steroids for three weeks, and wait two weeks after having a colonoscopy.

WHERE DO I FIND AND HOW DO I FILL OUT THE REQUISITION ORDER FOR THIS TEST?

Your test kit will come with a requisition form for you to complete and send back to the lab with your kit. Please complete the form using black ink.

IS THE TIMING OF THIS TEST IMPORTANT?

If you cannot ship the specimen on the day of collection, please refrigerate the sample.

Specimens should be received by the lab within six days of collection for optimal results.

HOW DO I COLLECT MY SAMPLE?

You can find full **stool collection instructions** on the Diagnostic Solutions Laboratory website.

WHERE CAN I READ MORE ABOUT THIS TEST?

You can learn more about the GI-MAP test at:

<https://www.diagnosticsolutionslab.com/tests/gi-map>.

Genova Diagnostics GI Effects Comprehensive Profile

WHAT IS THE PURPOSE OF THIS TEST?

The Genova Diagnostics GI Effects Comprehensive Profile is a three-day stool test that measures biomarkers of gastrointestinal function that help provide insight into digestive performance, gut inflammation, and the gut microbiome.

Note for New York State Residents: Due to lab and state regulations, we are unable to ship this kit to an address in the state of New York, and **you may not list a New York** return address on the requisition form or your return shipping label. Please ensure you are shipping the completed kit from outside the state of New York. We cannot be held responsible for rejected samples should you complete and return the kit from inside the state of New York.

WHERE DO I FIND AND HOW DO I FILL OUT THE REQUISITION ORDER FOR THIS TEST?

Your test kit will come with a Requisition Form for you to complete and send back to the lab with your kit.

If not already selected, please complete the following on the “Physician - Fill Out This Side” part of the form:

- Please use a checkmark to select your practitioner’s name on the top left side of the form.
- Physician Signature: on the signature line, write “signature on file.”
- Billing Options: put a checkmark next to “Bill Healthcare Practitioner Account.”
- Potential ICD-9/ICD-10 Codes and Conditions: do not add any information here.
- Date Final Sample Collected: fill in the last date you collected your sample.

- Put a checkmark next to the “GI Effects Comprehensive Profile #2200” test in the red box located on the top right side of this form. Do not mark any other test or add-on test boxes.

Please complete the following on the “Patient - Fill Out This Side” part of the form:

- Patient Information box: fill in your information.
- Medicare Information Section: do not add any insurance information here.
- Payment Information Section: do not add any payment information here.
- Patient/Responsible Party Acknowledgement: print, date, and sign.

HOW DO I PREPARE IN TERMS OF DIET, SUPPLEMENTS, AND MEDICATIONS?

- Wait at least 28 days after taking antibiotics before you do this test.
- Wait at least 14 days after taking antiparasitics, antifungals, probiotic supplements (e.g., acidophilus), or consuming food products containing beneficial flora before you do this test.
- Refrain from taking digestive enzymes, antacids, and aspirin for two days before specimen collection, unless otherwise instructed by your practitioner.

IS THE TIMING OF THIS TEST IMPORTANT?

Please ship your samples Monday through Thursday because the lab is closed on Sundays. The return label included is for two-day shipping.

HOW DO I COLLECT MY SAMPLE?

You can find the **three-day stool collection instructions** on the Genova Diagnostics website.

WHERE CAN I READ MORE ABOUT THIS TEST?

You can learn more about the Genova Diagnostics GI Effects Comprehensive three-day stool test at <https://www.gdx.net/product/gi-effects-comprehensive-stool-test>.

ParaWellness Initial Comprehensive Test Kit

WHAT IS THE PURPOSE OF THIS TEST?

The ParaWellness Initial Comprehensive Test Kit is a urine and stool test that provides comprehensive parasite testing.

HOW DO I GET THIS TEST?

You will need to order the Initial Comprehensive Test Kit from <https://parawellnessresearch.com/order>. When your kit arrives in the mail, it will have the following inside the box:

- Instructions for sample collection and how to return it to the lab
- A Health History and Payment Form
- The lab contact information should you have any test-specific questions

Note for New York State Residents: Due to lab and state regulations, you cannot collect your samples within the state of New York. We cannot be held responsible for rejected samples should you complete the kit from inside the state of New York.

Note on Results: After you submit your sample and receive notification that your results are ready, please save your results as a PDF and upload them through the Patient Portal for your clinician to review.

WHERE DO I FIND AND HOW DO I FILL OUT THE REQUISITION ORDER FOR THIS TEST?

Your test kit will come with a Health History and Payment Form for you to complete and send back to the lab with your kit. Please complete the following on this form:

- Enter your name, the date, your address, phone number, and e-mail address.
- Enter your clinician's name in the referral and treating box.
- Complete the rest of the history form.
- Fill in your payment information.

HOW DO I PREPARE IN TERMS OF DIET, SUPPLEMENTS, AND MEDICATIONS?

- Drink coffee, tea, and alcohol in moderation.
- If you normally use a laxative to ensure bowel movements, continue to use it.
- Try to have your bowel movement without the use of an enema. If impossible otherwise, collect with an enema and indicate this on your health history form.
- Wait at least four days after a colonic, and then collect your specimens.
- Stop all antibiotics and antifungal medicines one week (minimum four days) before collection.

IS THE TIMING OF THIS TEST IMPORTANT?

For best results, the lab should receive your sample(s) within 48 hours of shipping it. This means you should ship on Monday, Tuesday, or Wednesday morning (at the latest) in order to ensure delivery by Friday since the lab does not receive or process samples on the weekend.

HOW DO I COLLECT MY SAMPLE?

You can find the **urine** and **stool** collection instructions on the **ParaWellness website**.

WHERE CAN I READ MORE ABOUT THIS TEST?

You can learn more about the ParaWellness Initial Comprehensive Test Kit at <https://parawellnessresearch.com>.