

Patient Guide



GI Effects®
Comprehensive Profile #2200*

GI Effects®
Microbial Ecology Profile
#2205*

GI Effects®
Fundamentals Profile #2209

*Not Available in New York



Do not collect samples while experiencing active bleeding from hemorrhoids or menstruation.



Discuss any medications with your physician as they may impact results.

STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays. Please return specimens within 24 hours after final collection

4 Weeks Before Collection

Wait at least 4 weeks from colonoscopy or barium enema before beginning the test.

2-4 Weeks Before Collection

If taking antibiotics, antiparasitics, antifungals, or probiotic supplements (acidophilus, etc.), it is recommended that you wait a minimum of 14 days after your last dose before beginning the test; 28 days may be preferred after antibiotics have been utilized.

14 Days Before Collection

For H. pylori add-on testing, discontinuation of PPIs, antibiotics, and bismuth is recommended.

2 Days Before Collection

Unless directed otherwise by your physician, discontinue aspirin and other NSAIDs (i.e. ibuprofen), rectal suppositories, enemas, activated charcoal, bismuth, betaine HCl, digestive enzymes, antacids, laxatives, mineral oil, castor oil, and bentonite clay.

STEP 2

Specimen Collection

1. Review instructions and test prep information at gdx.net/activate.
2. Write your date of birth (DOB) and the date of collection on the labels provided. Attach a completed label to each of the 5 tubes.

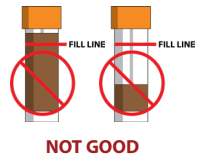
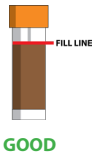
CAUTION: Tubes contain poisonous liquid. **KEEP OUT OF REACH OF CHILDREN.**

Tubes are under pressure. Cover tube cap with a cloth and remove cap slowly. In case of eye contact, flush with water for 15 minutes. In case of skin contact, wash with soap and water. In case of ingestion, contact poison control center immediately.

Do not overfill tubes. Make sure that the liquid and sample do not go over the fill line. Do not underfill tubes.

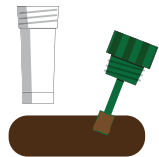
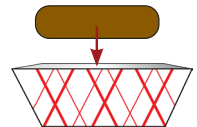
If you see a worm, remove it from the sample and place in a clean glass jar with rubbing alcohol. Write WORM on the jar and return with your specimens.

Collecting stool three days in a row is best, but not required.



Day 1 (This tube will be used for all 3 days)

1. Wear the glove provided.
2. Collect your stool sample in the provided tray. Do not let urine or water from the toilet get into the sample.
3. Transfer stool sample into the **GREEN-TOP** tube using the built-in scoop. Take a level scoop of stool each day for 3 days. For liquid stools, collect 2 level scoops of stool each day for 3-days.
4. Shake the tube & set aside until Day 2.
5. Dispose of the remaining stool into the toilet then throw away the collection tray and glove.



Day 2

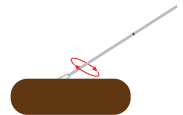
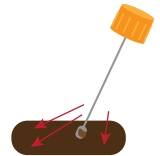
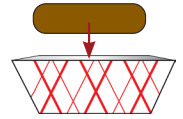


1. Follow the instructions for Day 1 using the **GREEN-TOP** tube.

Day 3



1. Follow the instructions for Day 1 using the **GREEN-TOP** tube. Then collect the **ORANGE-TOP**, **PINK-TOP**, and **CLEAR-TOP TUBES** to the fill lines.
2. Collect from different areas of the sample. Add stool until contents reach the fill line on each tube. Mix the sample with the liquid in the tubes until it is as smooth as possible. *Note: there is no liquid in the clear-top tube.*
3. Screw the caps on tightly and shake the tubes for 30 seconds. Do not dispose of the stool sample until you have completed all steps below.
4. Open the swab package but leave the swab in the sleeve until you are ready to collect the sample.
5. Open the small tube and place it upright on a flat surface.
6. Grasp the swab above the middle notch.
7. Insert the tip of the swab into the stool sample and twist until it is evenly coated in stool. Do not spoon or scoop the specimen with the swab. This would collect too much stool and may cause testing errors.
8. Mash and mix the swab tip against the inside of the tube.
9. Break the swab stick at the middle notch, leaving the swab inside the tube. Screw the cap on tightly.
10. Place the tube inside the biohazard bag with the other specimens and refrigerate until ready to ship. Do not freeze.
11. Dispose of the remaining stool into the toilet then throw away the collection tray and glove.



Activate Your Test Online

Visit www.gdx.net/activate to provide important information about your collection and receive your confirmation number.



STEP 3

Return Collection Pack

1. Confirm that each tube has a completed label attached with date of birth and the date of collection. Place the biohazard bag with tubes inside the collection box.
2. Retain a copy of the activation number for future reference using one of the three labels provided on the bottom of the activation label card.
3. Visit gdx.net/activate to enter the date of your final collection and the stool consistency of the Day 3 sample. When complete you will receive a confirmation code. Write the date of final collection and your confirmation code on the activation label card and place inside the box with the biohazard bags.
4. Seal the box inside the FedEx shipping bag, and drop off at an authorized FedEx location.

Learn more about return shipping at www.gdx.net/shipping.

