



## Instructions for Collecting and Shipping Comprehensive Stool Analysis with Parasitology x2

### Kit Components

- |                                                     |                                      |
|-----------------------------------------------------|--------------------------------------|
| 1 outer cardboard box                               | 2 specimen collection trays          |
| 1 silver thermal bag                                | 2 disposable gloves                  |
| 1 freezer Ice-Brix gel pack (place FLAT in freezer) | 1 transparent biohazard zip-lock bag |
| 1 white-topped vial                                 | 1 absorbent packing material sheet   |
| 1 green-topped vial                                 | 1 large FedEx Clinical Pak           |
| 2 yellow-topped vials                               | 1 Test Requisition Form              |

### Before You Begin Collection

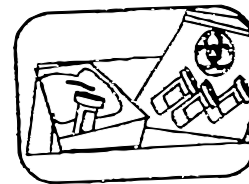
- Send stool samples Monday through Wednesday ONLY. Extra shipping charges will apply for Saturday deliveries (Friday shipments),** which may compromise the sample due to the lab being closed over the weekend. Samples must be collected on two separate days (the yellow-topped vials at least 12 hours apart). All four stool specimens must be shipped together within 5 days of the first collection. We suggest starting the first collection on the weekend.
- Include physician or health care practitioner's approval in the space provided on the Test Requisition Form. A physician authorization can be attached to the requisition.
- Please check your vials for expiration date. If any have expired, call for replacement vials.
- 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.
- Do not allow urine or water to touch sample as it will contaminate the sample.
- If you are unable to produce a stool sample, the recommended laxatives can be used. Give laxatives 24 hours before any sample collection. Do not use any suppositories or mineral oil. ONLY the following laxatives may be used:
  - Oral phosphate soda laxatives such as Fleet
  - Magnesium citrate
  - Psyllium fiber
  - Enemas may be given using distilled water only
- Fill out the Test Requisition Form - Please PRINT clearly.
- It is very important to collect and package the sample as instructed. If you have any questions, please call Customer Service at 913-341-8949, or email at [CustomerService@GPL4U.com](mailto:CustomerService@GPL4U.com), or see our "For Patients" section online at [www.GPL4U.com](http://www.GPL4U.com) for FAQs.

### Testing Requirements (read before collection)

Vials	Min Reqs:	Items to Discontinue: (Unless otherwise instructed by doctor)	Collection Day 1:	Collection Day 2:	After Collection:
<b>White Top</b>	10 mL stool (3/4 full)	Digestive Enzymes, Antacids, Iron Supplements, Vitamin C over 250 mg, Aspirin, Anti-Inflammatories, and large amounts of meat 48 hrs prior to collection.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen. Fill vial at least ½ full with stool for an accurate test.	None	Place specimen in freezer.
<b>Green Top</b>	5 mL stool (to fill line)		None	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.
<b>Yellow Tops (2)</b>	5 mL stool (to fill line)		Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.

## Preparing and Shipping the Specimen Domestically

1. Print the patient's name and the time and date of collection on all 4 vials. You do not have to provide an ID number.
2. Place the white-topped vial and the frozen Ice-Brix gel pack into manila bubble wrap envelope. Place into cardboard box.
3. Place the green-topped vial and both yellow-topped vials into the plastic biohazard zip-lock bag. Next, place the absorbent packing material sheet in the zip-lock bag with the samples and seal.
4. Fold the completed Test Requisition Form and place into the outside pocket of the small biohazard bag containing the specimens.
5. Place the biohazard bag with the remaining 3 vials into the cardboard box. Seal box.
6. Place the box in the FedEx Clinical Pak. Please take note of the shipping/tracking number in the event you would like to track the package.
7. Seal the FedEx Clinical Pak.
8. In the United States call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.



## Preparing and Shipping the Specimen Internationally (including Puerto Rico)

1. Fill out the following documents:
  - Test Requisition Form. Please fill out completely. PRINT clearly.
  - FedEx Shipping Airway Bill following the example on the last page of the test instructions. Please take note of the shipping/tracking number in the event you would like to track the package.
  - Commercial Invoice. Make 3 copies of the completed commercial invoice. THIS IS VERY IMPORTANT FOR GETTING YOUR PACKAGE THROUGH CUSTOMS.
2. Print the patient's name and the time and date of collection on all 4 vials. You do not have to provide an ID number. Place the white-topped vial and the frozen Ice-Brix gel pack into manila bubble wrap envelope. Place into cardboard box. Place the green-topped vial and both yellow-topped vials into the biohazard zip-lock bag. Next, place the absorbent packing material sheet in the zip-lock bag with the samples and seal. Fold the completed Test Requisition Form and place into the outside pocket of the small biohazard bag containing the specimens. Place the biohazard bag with the remaining 3 vials into the cardboard box. Seal box.
3. Place the box in the FedEx Clinical Pak.
4. Seal the FedEx Clinical Pak per instructions.
5. Peel off adhesive backing of the enclosed plastic pouch and attach to the outside of the FedEx Clinical Pak. Place all 4 copies of the commercial invoice in the pouch. Place the completed Airway Bill on top of the commercial invoices.
6. Call FedEx for pick up. You will get a significant discount on shipping costs by using our GPL FedEx discount. Make sure you check the FedEx shipping rates on the last page of these test instructions. Please fill out all the necessary forms so that the sample arrives to our lab within 48 to 72 hours. \* Charges will be applied to your bill upon receipt of specimen. Shipping charges vary depending on the country.

**\* SPECIAL NOTE:** The shipping rates listed are subject to change without previous notice due to the volatile international gas prices. GPL will not be held responsible for refunds in the event that the package is detained in customs or if any additional charges apply. If you modify the FedEx Airway Bill in any way you will incur a US\$200 additional charge on top of the shipping expenses.