



## Instructions for Collecting and Shipping Metals Fecal Test

### Kit Components

1 white cardboard box	1 disposable glove
1 specimen collection tray	1 absorbent packing material sheet
1 transparent biohazard zip-lock bag	1 large FedEx Clinical Pak
1 clear-topped vial	1 Test Requisition Form

### Before You Begin Collection

1. **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. This test takes one day to collect and requires no special diet.
2. 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.
3. Fill out the Test Requisition Form - please PRINT clearly.
4. 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)

Vial	Min Reqs:	Collection:	After Collection:
<b>Clear Top</b> (contains ultra-pure water)	35 mL stool (3/4 full preferred)	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 vial. You do not have to provide an ID number.
2. Place the clear-topped vial inside the transparent biohazard zip-lock bag along with the absorbent packing material sheet. Seal biohazard zip-lock bag. Fold the completed Test Requisition Form and place into the outside pocket of the small biohazard zip-lock bag containing the specimen. Place the biohazard bag with vial into the cardboard box. Seal box.
3. 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.
4. Seal the FedEx Clinical Pak.
5. 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 vial. You do not have to provide an ID number. Place the clear-topped vial inside the transparent biohazard zip-lock bag along with the absorbent packing material sheet. Seal biohazard zip-lock bag. Fold the completed Test Requisition Form and place into the outside pocket of the small biohazard zip-lock bag containing the specimen. Place the biohazard bag with vial into the cardboard box. Seal box. Place the box in the FedEx Clinical Pak.
3. Seal the FedEx Clinical Pak per instructions.
4. 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.
5. 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.