

## Step 2:

Unfold panel to display complete instructions for Step 2

## Step 3:

### Ship the specimen to the lab

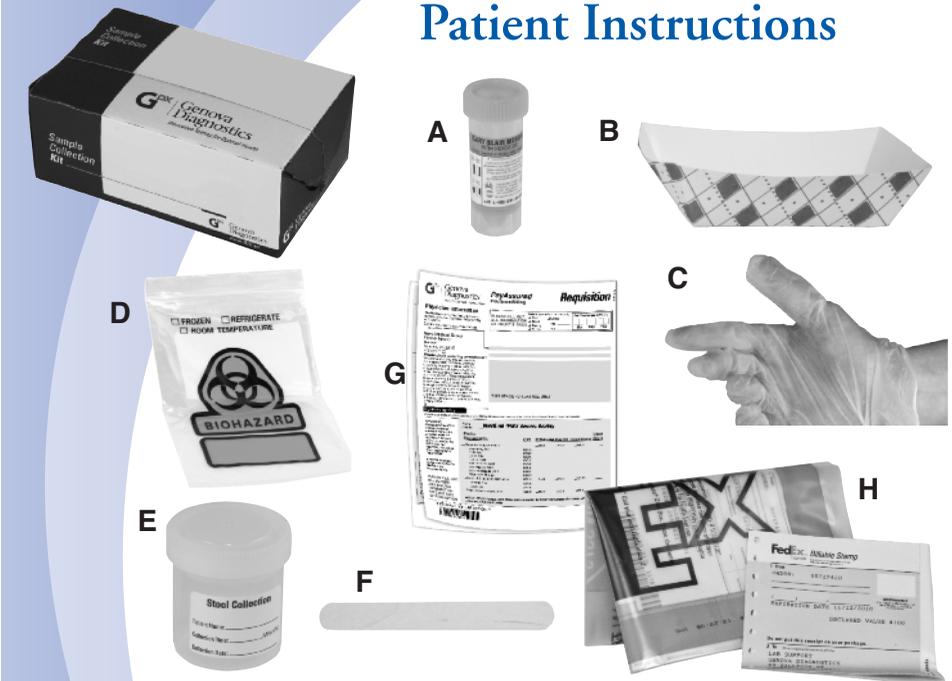
Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Place the biohazard bag inside kit box** and place your **completed and signed requisition form** on top before closing. *Do NOT staple or tape box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. *DO NOT mark or write in any other sections.*
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

# Stool Culture Analysis

IS-487

## Patient Instructions



## Check Your Kit

- A - 1 Cary-Blair tube for return of stool specimen (yellow top)
- B - 1 Collection tray
- C - 1 Glove
- D - 1 Biohazard bag with absorbent pad
- E - 1 Empty white-top cup (for optional add-on test)
- F - 1 Flat wooden stick (for optional add-on test)
- G - 1 Requisition, to be completed and signed
- H - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

# Step 1:

## Important things to know and consider

- **Extreme care** should be used when opening and filling vials. Do not spill or discard any tube fluid. Avoid contact of the eyes or skin with the fluid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid. For accidental ingestion, contact your healthcare provider at once.
- The following are **interfering substances** and should be discontinued **unless directed otherwise by your physician**: bentonite clay, castor oil, mineral oil, rectal suppositories. If you are taking a medication that isn't listed as an interfering substance, ask your health care professional before stopping any prescribed substance.
- We do not suggest collecting during an acute infectious illness. Wait at least **4 weeks** from colonoscopy or barium enema before beginning the test.
- **2 weeks before test**: If taking antibiotics or antifungals – or taking beneficial flora supplements (acidophilus, etc.) or consuming food products containing beneficial flora (e.g. Activia®) – it is recommended that you **wait at least 14 days** after your last dose before beginning the test (unless instructed otherwise by your physician). There may be times when your healthcare provider prefers that you stay on one of these agents (e.g. acidophilus) in order to evaluate its effectiveness. Follow your healthcare provider's recommendation.
- **Eat your usual diet** during the 2 – 3 days prior to the stool collection. Contact your physician with any questions.

## Schedule & Prepare for Stool Collection

- **Plan for Monday-Friday collection only: Specimens must be received in the laboratory within 4 days of collection.** If you take the test over the weekend, call FedEx to schedule a pick-up on Monday.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday.
- **Storing your samples**: Send in your samples as soon as you complete the test. Store samples at room temperature or refrigerate. **Do NOT freeze.**
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

# Step 2:

## Stool Collection

Not following these instructions may affect the test results.



- 1** Pass urine into the toilet if necessary. Pass stool into the collection tray. Do not let urine or water from toilet touch the stool specimen.



- 2** Open the yellow-topped Cary/Blair tube. Using the spoon in the cap of the tube, pick up several portions of stool from contrasting areas in the collection tray. Be sure to collect any blood or pus and samples from areas of different color or texture. Add sufficient stool sample for stool and tube liquid to reach the red "fill" line, as shown on the label. **Do not overfill.**



- 3** Mix and mash the specimen with the spoon until the sample is thoroughly mixed and is as smooth as possible.



- 4** Recap the tube and check to ensure it is securely fastened. Then, shake well until mixed thoroughly.



- 5** Write your name and the date the specimen was collected on the tube label. Do not fill in the ID# on the tube; it will be assigned at the lab.



- 6** Be certain cap is tight for shipping. Place the filled tube in the Biohazard bag. Store room temperature or refrigerated until shipped. **Do not freeze.**



- 7** Look closely at the empty white-top cup. Find and mark the 40-ml line (about 1/3 up from the bottom). Open the empty white-top cup. Using the flat wooden stick provided, pick up several portions of stool from contrasting areas in the collection tray. Add sufficient stool sample to reach the 40-ml line. Using the wooden stick, mix stool in white-top container. Recap the container and check to ensure it is securely fastened. Do not overfill. Repeat steps 5 and 6.

