

Frequently Asked Questions

1. What do I do if I accidentally collected my first sample into the "A" stool vial?

Keep your "A" vial refrigerated while you complete your collections. Collect your next bowel movement into one of the B vials. Then, collect into your last B vial from a bowel movement at least 24 hours after the first B vial collection. Ship all samples together on the day of your last collection. **REFRIGERATE** all vials until shipping. If you are unable to collect and ship within 6 days from the first collection, you will need to get a new test kit from your provider and start your collection over.

2. How long does it take to process the test?

On average, 7-9 business days from the day it is received.

3. How much is the test?

For test fees, please contact your ordering healthcare provider. Please do not contact the lab.

4. Can you send me an itemized statement?

If you send payment to us directly, we will automatically send you an itemized insurance statement approximately 3 weeks after we receive your sample. If you paid your physician, please contact him or her for a statement.

Have additional questions? You can find answers to commonly asked questions on our website at www.diagnotechs.com/pages/patientfaq.aspx

Shipping Instructions

US Domestic:

- Tuck front flap into box and seal with UPS shipping label (included in box)
- Place label within dashed lines & adhere over front edge.
- Send from your most convenient UPS location
- Replacement and expedited UPS labels are available on our website at www.diagnotechs.com/Pages/ShippingInfo.aspx

International:

- Delivery charges do apply.
- Seal box with clear tape.
- International deliveries should be addressed to the physical address only (see address provided below)
- Deliveries can be made Monday through Friday via a private courier of your choice.
- Discounted return UPS labels are available on our website at www.diagnotechs.com/Pages/ShippingInfo.aspx

Diagnos-Techs, Inc.

Sample Processing
6620 South 192nd Pl, J-106
Kent, WA 98032



GI Health Panels

Specimen Collection Instructions

Use this collection kit for the following tests:

- **Regular GI Health Panel (GI-1)**
- **Expanded GI Health Panel (GI-02)**
- **Calprotectin (CAL)**

Specimens

- Stool
- Saliva

Contents

- 1 A stool vial
- 2 B stool vials
- 1 H saliva vial
- Orange absorbent shipping pads
- Reusable bags
- Requisition form
- Preprinted shipping label (U.S. only)

General Guidelines

Please read ALL instructions before starting to collect.

Schedule sample collection such that you can ship your kit on a Monday or Tuesday to ensure we receive your samples prior to the weekend. **Write your name and date of birth on all vials and completely fill out all patient portions of the test requisition form.** Wash hands thoroughly before and after each saliva and stool collection.

Avoid the following from the time specified and until all samples have been collected:

3 weeks before first collection:

- Gallbladder dyes

2 weeks before first collection:

- Oral antibacterial, antifungal, antibiotic, or antiparasitic drugs or supplements
- Corticosteroids (**ONLY IF DISCONTINUATION IS APPROVED BY PHYSICIAN**)

1 week before first collection:

- Antacids (Rolaids, Tums, Maalox)
- Bismuth compounds (Pepto-Bismol, Kaopectate)
- Barium
- Oily laxatives (mineral oil, castor oil)
- Activated charcoal
- Enemas, colonics
- Kaolin clay, bentonite clay
- Milk of Magnesia

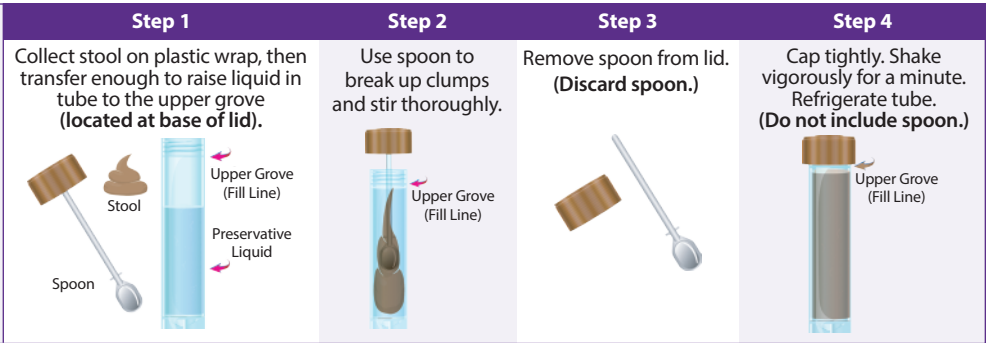
3 days before first collection:

- Vitamin C
- Heme iron
- Peroxidase-containing foods (broccoli, cauliflower, radishes, parsnips, turnips, grapefruit, figs, horseradishes, cantaloupe, and kale)
- Raw or rare red meats
- Antimicrobial or probiotic suppositories (vaginal or anal)
- Topical antifungal or antimicrobial medications used on the genital or anal areas
- Laxatives, e.g., Metamucil, Fiberall, Miralax, Glycolax (If it is not possible for you to collect a stool sample without the use of laxatives, please contact your provider to discuss alternatives.)
- Digestive enzyme products containing chymotrypsin (pancreatic enzyme) or desiccated pancreatic gland

Note: Probiotics may affect your test results. Please consult your physician regarding whether you should discontinue probiotic use.

Important Instructions for Stool Collection

If liquid spills from vial, please contact your provider for a replacement. To avoid need for recollection, add stool sample until liquid reaches upper groove of vial (located just below bottom edge of lid).



Stool & Saliva Collection

Please note: The Regular and Expanded GI Panels both require collection of all included saliva and stool vials. For calprotectin only, a single A vial is sufficient.

Day 1

Stool collection using first **B vial**.

- Catch stool on a piece of plastic wrap stretched across toilet bowl or into a clean plastic container. Follow diagram above and collect stool into one of the **B vials**. It is best to collect from multiple areas of the stool unless otherwise directed by your provider. Avoid urine and water contamination of stool sample. Do not overfill.
- Cap vial tightly and shake vigorously for one minute. Avoid contact with vial contents, which may cause skin irritation. Do not ingest.
- Do not freeze filled stool vials, but refrigerate until shipping.

Day 2

No collection necessary.

Day 3

Saliva collection using **H vial** AND

Stool collection using **A vial** and second **B vial**

(See "Stool Collection" diagram above).

Stool:

- Follow instructions for day 1 to collect stool into both the 2nd **B vial** and the **A vial**. **DO NOT TRANSFER** stool from one vial to the other vial.
- Refrigerate until shipping.

Saliva:

60 minutes before collection: Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.

3-5 minutes before collection: Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands prior to handling the vial.

H vial collection:

Collect saliva directly into H vial, filling the vial up to the fifth line from the bottom or at least three-quarters full (excluding bubbles). To reduce the amount of bubbles, cap vial and place in the freezer for 2-3 minutes. Remove vial from freezer and lightly tap vial on a countertop or tabletop. This should help to settle the bubbles and enable further collection. Cap vial tightly and refrigerate.

If you have difficulty producing sufficient saliva:

Chew dental-grade paraffin wax; smell a lemon wedge, vinegar, or pickle juice; or smell your favorite food item to promote flow. Collect saliva 2-3 minutes later.

Place each vial in one of the provided resealable bags with an orange absorbent pad and **REFRIGERATE**. Ship all vials together as soon as possible within 3 days of last collection.