

GI Map

STOOL TEST

THE PROCESS

- Your test kit will arrive in the mail from Designs for Health
- This test requires **1 stool sample**
- The stool sample must be collected **Sunday or Monday**
- You will need to return the samples to Designs for Health using the postage packaging provided on **Monday prior to 5pm**
- **Do not collect samples** when there is active bleeding from **haemorrhoids or menstruation**
- Notify your health coach when you have completed the test via Slack - share a photo of the shipping label on the postage packaging, this will allow us to track the sample if required

3 weeks before collection, have finished taking

- antibiotics

2 weeks before collection, stop taking

- oral steroids

2 days before the test, include these foods in your diet if possible

- meat, fish & poultry
- vegetables
- carbohydrates
- fats



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples