

CODE: G1360

# GI 360

## STOOL TEST

### THE PROCESS

- Your test kit will arrive in the mail from RN Labs (unless we gave it to you)
- This test requires **3 stool samples**, preferably collected on consecutive days
- The stool samples must be **collected Saturday - Monday**
- **If you have slower bowels, please discuss with your health coach and make a plan for collection**
- You will need to return the samples to RN Labs using Toll Couriers on **Monday or Tuesday**
- Please disregard the instructions for booking a courier and **follow the instructions below**.
  - Once you have completed your sample collection, notify your health coach via text before 10am. Your health coach will arrange your courier.
  - The courier pick up window is usually before 5pm that day. Someone must be present for collection.
  - Store in the **fridge** until courier collects the kit
- **Do not collect** samples when there is active bleeding from **haemorrhoids or menstruation**
- **Notify your health coach** once the sample has been collected

#### **WAIT 4 weeks after below procedures before collecting samples**

- colonoscopy
- barium enema

#### **2 weeks before collection, stop taking**

- antibiotics, anti-parasitic or anti-fungal medications/supplements
- probiotics
- proprotein pump inhibitors
- Bismuth

#### **2 days before and during collection, stop taking**

- aspirin, panadol and NSAIDs
- digestive enzymes, betaine HCl
- laxatives
- activated charcoal, bentonite clay
- Antacids



### **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