

## Parasitology x1

### **Before you start:**

Please read all of the directions and familiarize yourself with the collection procedures. If you are taking antifungal or antibiotic medications, please finish the course of medication and then wait three days before starting this collection. Please refrain from taking digestive enzymes, antacids and aspirin for two days prior to and during the specimen collection, unless otherwise instructed by your physician. Never discontinue prescription medications without first consulting your physician.

### **Verify Kit Contents:**

1 test requisition form

1 Collection container

1 FedEx Clinical Pak with Billable Stamp

1 Black-capped vial

1 disposable glove

+ The black-capped vial is filled to the middle of the vial with a liquid preservative. If the liquid levels fall below the middle of the vial or there is evidence of leakage, call Life Extension at 855-783-1576 to request a new kit.

+ Save the cardboard collection kit box to ship your sample back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

### **Collection Instructions:**

1. Collect your stool specimen into the collection container. DO NOT contaminate the specimen with either urine or water from the toilet.
2. Unscrew the cap on the black-capped vial and using the attached spoon, transport stool specimen into the vial. Take multiple portions from different areas of the collection container. . Add stool until the total volume of stool and liquid reaches the FILL line. DO NOT overfill. Screw the cap tightly.
3. Shake the black-capped vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.
4. Write the patient's name, the date of collection and the patient's date of birth on all three of the specimen vials. (You do NOT have to provide an ID number. The lab will assign one upon arrival.) **The test cannot be performed without the patient information on the vial.**

5. Place the black-capped vial in to the zip-lock bag and seal, then place the bag into the cardboard shipping box.
6. Retrieve the bag containing the frozen white capped vial and polar Pack from the freezer. Place the bag and its contents into the cardboard shipping box.
7. Fill out the test requisition form completely. **The test cannot be performed without a properly filled out requisition.** Place the form in the cardboard shipping box. The specimen in snow ready for shipment.
8. To obtain the best results we recommend shipping specimens as soon as possible. If you cannot ship the specimen the same day you finish the collection due to collection over the weekend or a holiday, place the cardboard box containing the black-capped vial into the refrigerator until ready to ship.

### **FedEx Shipping Instructions**

1. Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen in the refrigerator until the following Monday to ship.
2. Place the cardboard kit box containing the specimen and the completed test requisition form in to the FedEx Clinical Pak.
3. Write your name and address in the space provided on the prepaid Billable stamp and tear off the Customer Receipt for your records.
4. To schedule a pickup call FedEx toll-free at 1-900-463-3339. When you hear the automated greeting, say "Schedule a Pick-up". At the next prompt, say "Schedule a Pick-up with a "Label or Stamp". You will be asked if the work "Stamp" is written on the waybill; reply YES. You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for address information.

**Do not use a drop box.** FedEx will not accept specimens placed into a drop box.

If you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

**CAUTION:** Avoid contact of the skin and eyes with the fluid in the vials. For eye contact flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your physician immediately.