



TEST COLLECTION INSTRUCTIONS

STOOL GI360



Dear patient,

Congratulations on taking this positive action for your health!

These instructions contain everything you need to know about collecting your sample. Please make sure you read them carefully before planning your collection.

For more information & FAQs on conducting your test, please visit www.RNLabs.com.au and click on **Patient Resources**.

If you have further questions relating to billing or shipping, you can contact us during business hours (AEST) by calling 1800 110 158 or email Testing@RNLabs.com.au and we will be happy to assist.

Please note, we are unable to assist you with questions relating to your healthcare, such as why you have been prescribed this test. Please contact your practitioner for any such questions.

Thanks for your understanding.
The RN Labs Team



STEP 1: Check Kit Contents

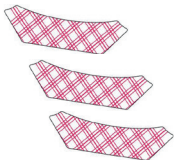
Please check kit's expiry date and that you have each item below.
(If you are missing any kit contents, please call RN Labs on 1800 110 158.)



Kit Box



Requisition Form



Stool Collection Containers (3)

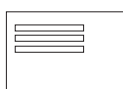


Ice Pack



Pre Paid Post Satchel

+



Return Label

DAY 1 BAG

*BLACK top vial



Glove
Absorbent material

DAY 2 BAG

*BLACK top vial



Glove
Absorbent material

DAY 3 BAG

*BLACK top vial



*YELLOW top vial



Glove
Absorbent material

+ SEPARATE DAY 3 BAG

**WHITE top vial



Absorbent material

*contains preservative

**does not contain preservative



*The BLACK and YELLOW top vials are filled to the middle of the vial with liquid preservative (clear liquid and red liquid respectively). If the liquid levels fall below the middle of the vial or there is evidence of leakage, call RN Labs for assistance. Caution: avoid contact of the skin and eyes with the fluid in vials. If you get fluid in your eyes, flush with water for 15 minutes. If your skin comes in contact with vial fluid, wash with soap and water. If ingested, please contact a doctor.



STEP 2: Prepare for the Test

- BEFORE YOU START: Schedule your collection so that the last sample will be collected on a Sunday, Monday or Tuesday to be sent promptly on a Monday or Tuesday. Do not send samples on any other day of the week.
 - The Team Global Express service is an overnight express only, not a same day delivery. Please book in advance for a pickup.
 - Book a pick-up window of 4-5 hrs for collection and be available during this time to hand over the sample to the courier.
 - REMINDER: Team Global Express bookings and pickups cannot be arranged or completed over the weekend.
- Ensure that you have called the courier by Friday to collect the next Monday or Tuesday.
- Please read all of the instructions carefully before beginning.
Consult your practitioner for specific instructions before stopping any medications.
- Place Ice Pack in freezer until frozen solid (approx. 6 hrs).

DISCONTINUE THE FOLLOWING

 2 weeks before test	Antibiotics, antiparasitics, antifungals, or probiotic supplements, proton pump inhibitors (PPIs) and Bismuth
 2 days before test	Aspirin and other NSAIDs, digestive enzymes, laxatives (particularly mineral oil and castor oil), activated charcoal, betaine HCl, antacids or bentonite clay

OTHER INFORMATION

Do not collect samples when there is active bleeding from haemorrhoids or menstruation	Wait at least 4 weeks from a colonoscopy or barium enema before collecting	Do not contaminate the stool with urine or water	Keep the cardboard Kit Box for return shipping of samples
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WHICH BAG CONTENTS TO USE

Unless advised otherwise by your practitioner, this test involves collecting your stool over 3 days.

	DAY 1 BAG	DAY 2 BAG	DAY 3 BAG
Collect Stool on 3 Separate Days*	1st Collection	2nd Collection	3rd Collection
<i>OR - Your practitioner has advised to only collect stool on 2 separate days</i>	X	1st Collection	2nd Collection
<i>OR - Your practitioner has advised to only collect stool on 1 day</i>	X	X	Only Collection

*It is ideal to collect the samples on 3 consecutive days. However if this is not possible, the samples can be taken over a number of days, as long as the third sample is collected within 5 days of the first sample.



STEP 3: Collect Sample

BEFORE YOU BEGIN: Write the Patient's Name, Date of Birth and the Date Collected on each Specimen Vial. Make sure to use the correct vials for each day of collection.

DAY 1

Use Contents from DAY 1 Bag

Make sure that the patient's name, date of birth and the date of collection are written on the vial.

Remove the cap from the BLACK top vial and add stool.
(See collection instructions below)



Place the BLACK top vial back into the DAY 1 zip-lock bag.

Store bag in refrigerator prior to shipping. **Do not freeze.**

DAY 2

Use Contents from DAY 2 Bag

Make sure that the patient's name, date of birth and the date of collection are written on the vial.

Remove the cap from the BLACK top vial and add stool.
(See collection instructions below)



Place the BLACK top vial back into the DAY 2 zip-lock bag.

Store bag in refrigerator prior to shipping. **Do not freeze.**

DAY 3

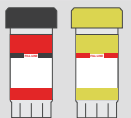
Use Contents from DAY 3 Bag

Make sure that the patient's name, date of birth and the date of collection are written on all vials.

Remove the cap from the WHITE top vial and add stool (see collection instructions below). This vial does not need to be shaken. Place the WHITE top vial into the separate bag provided and seal. Place the Polar Ice Pack into the pouch on the back of this bag and place in the freezer. **Freeze for a minimum of 6 hours.**



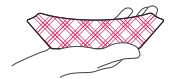
Remove the caps from the YELLOW top vial and the BLACK top vial and add stool (see collection instructions below). Place the YELLOW top vial and the BLACK top vial back into the DAY 3 zip-lock bag. Store bag in refrigerator prior to shipping. **Do not freeze.**



DAILY COLLECTION INSTRUCTIONS

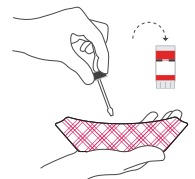
1.

Put on glove and collect stool into the paper collection container supplied. If possible, void urine prior to collecting stool to avoid mixing it with the stool sample.



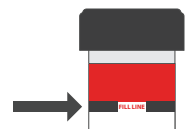
2.

Remove the cap from the vial and using the attached spoon transfer stool specimen into the vial. Take multiple portions from different areas of the collection container.



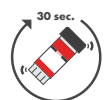
3.

Add enough stool until liquid reaches the fill line. **DO NOT OVERFILL.** Screw the cap on tightly.



4.

BLACK and YELLOW vial only: Shake the vial vigorously for approximately 30 seconds to mix stool with preservative. WHITE vial does not contain preservative, and does not need to be shaken.





STEP 4: Send to RN Labs

BEFORE PACKING, AVOID THE SAMPLE BEING REJECTED.

Sample rejection means you will need to re-collect your sample at an additional cost of \$50.

- Ensure that all sample collection and storage requirements have been adhered to correctly.
- Ensure all fields on **Requisition Form** and **Sample Vials** are correctly labelled.
- Please note that RN Testing is closed from mid December to the first week of January. Do not post samples during this time.



Have a Team Global Express Priority Courier Satchel? Please follow the GREEN steps 1-7:

ORGANISE COURIER

1. Ensure that the **last** sample is collected on a Sunday, Monday or Tuesday and sent by Tuesday at the latest. Do not send samples on any other day of the week.
2. Book a time for the courier to pickup samples by calling Team Global Express Priority on **13 15 31** and quoting RN Labs' Customer Account Number **206342**.
 - Ensure that you have called the courier by **Friday** to collect the next Monday or Tuesday.
 - Book a pick-up window of 4-5 hrs for collection and be available during this time to hand over the sample to the courier.
3. Tell the operator you have a '**Pre-paid pick-up Priority overnight**', provide your address and ensure that they can collect by Tuesday afternoon at the latest. *Samples left outside for collection are not acceptable.*
4. Inform Team Global Express that the package is a '**Category-B Biological Substance**' and that it is packaged correctly for collection (in a box within the return satchel).

DAY OF COLLECTION

5. On the day of collection locate the Team Global Express Priority return label and fill out the 'FROM' section with your name, address and phone number.
6. Peel backing and affix to Team Global Express return satchel.

ARRIVAL OF COURIER

7. Remove samples and ice pack from fridge/freezer and place them in the cardboard shipping box and further place the box into the return satchel, ready to hand to the courier.