

# Patient Guide



GI Effects®  
Comprehensive Profile #2200

GI Effects®  
Microbial Ecology Profile #2205

GI Effects®  
Gut Pathogen Profile #2207

CDSA #2000

CDSA 2.0  
without Parasitology #2002



Do not collect samples while experiencing active bleeding from hemorrhoids or menstruation.



Discuss any medications with your physician as they may impact results.

## BEFORE YOU BEGIN

# Activate This Test

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the activation label card included with this collection pack.



## STEP 1

# Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

### 4 Weeks Before Collection

Wait at least 4 weeks from colonoscopy or barium enema before beginning the test.

### 2-4 Weeks Before Collection

If taking antibiotics, antiparasitics, antifungals, or probiotic supplements (acidophilus, etc.), it is recommended that you wait a minimum of 14 days after your last dose before beginning the test; 28 days may be preferred after antibiotics have been utilized.

### 14 Days Before Collection

For *H. pylori* add-on testing, discontinuation of PPIs, antibiotics, and bismuth is recommended.

### 2 Days Before Collection

Unless directed otherwise by your physician, discontinue aspirin and other NSAIDs (i.e. ibuprofen), rectal suppositories, enemas, activated charcoal, bismuth, betaine HCl, digestive enzymes, antacids, laxatives, mineral oil, castor oil, and bentonite clay.

## STEP 2

# Specimen Collection

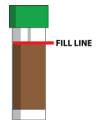
1. **Review** instructions and test prep information at [gdx.net/activate](http://gdx.net/activate).
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to each of the **5 tubes**.

**CAUTION:** Tubes contain poisonous liquid. **KEEP OUT OF REACH OF CHILDREN.**

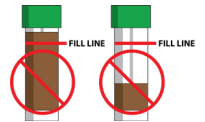
**Tubes are under pressure.** Cover tube cap with a cloth and remove cap slowly. In case of eye contact, flush with water for 15 minutes. In case of skin contact, wash with soap and water. In case of ingestion, contact poison control center immediately.

**Do not overfill tubes.** Make sure that the liquid and sample do not go over the fill line. Do not under fill tubes.

If you see a **worm**, **remove** it from the sample and **place** in a clean glass jar with rubbing alcohol. **Write** WORM on the jar and return with your specimens.

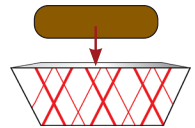


**GOOD**



**NOT GOOD**

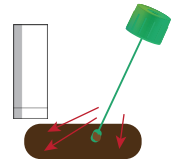
1. **Wear** the glove provided.
2. **Collect** your **stool sample** in the provided tray. **Do not** let urine or water from the toilet get into the sample.



## Tube Collection



3. **Transfer** stool sample into the **GREEN-TOP** tube using the built-in scoop. Collect from different areas of the sample. Add stool until contents reach the fill line on the tube.
4. **Mix** the sample with the liquid in the tube until it is as smooth as possible.
5. Screw the cap on tightly and **shake the tube** for 30 seconds.
6. Repeat Steps 3 thru 5 using the **PINK-TOP**, **ORANGE-TOP**, and **CLEAR-TOP** tubes.

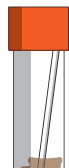
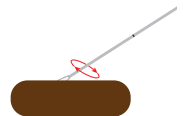


*Note: there is no liquid in the clear-top tube.*

## Swab Collection



7. **Open** the **swab package** but leave the swab in the sleeve until you are ready to collect the sample.
8. **Open** the **small tube** and place it upright on a flat surface.
9. **Grasp** the **swab** above the middle notch.
10. **Insert** the tip of the swab into the stool sample and **twist** until it is evenly coated in stool. **Do not spoon or scoop** the specimen with the swab. This would collect too much stool and may cause testing errors.
11. **Mash** and **mix** the swab tip against the inside of the tube.
12. **Break the swab stick** at the middle notch, leaving the swab inside the tube. **Screw** the cap on tightly.
13. **Place** all **5 tubes** inside the biohazard bag and **refrigerate** until ready to ship. Do not freeze.
14. **Dispose** of the remaining stool into the toilet then **throw away** the collection tray and glove.



### STEP 3

## Return Collection Pack

1. Confirm that each tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **biohazard bag** with tubes inside the **collection box**.
2. Visit **gdx.net/activate** to enter the date of your collection and the stool consistency of the sample. When complete you will receive a **confirmation code**. Write the date of final collection and your confirmation code on the **activation label card** and place inside the box with the biohazard bag.
3. Retain a copy of your activation number for future reference using one of the three labels provided on the bottom of the activation label card.
4. **Close the cardboard box** and place **inside the FedEx shipping bag**. Follow the shipping instructions provided.

