



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into 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 1-800-463-3339 (1-800-GO FEDEX). 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 then be asked if the word "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 your address information.

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

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Collection Instructions for Comprehensive Stool Analysis and Stool Chemistries

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, laxatives (particularly mineral oil and castor oil) antacids, aspirin, and substances containing barium and/or bismuth for two days prior to and during the specimen collection, unless otherwise instructed by your physician. Refrain from taking probiotic supplements for two weeks prior to specimen collection unless instructed otherwise by your physician. To properly assess fat absorption, be sure to consume normal amounts of dietary fat. *Never discontinue prescription medications without first consulting your physician.*

Verify Kit Contents:

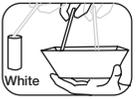
- 1 Test requisition form
 - 1 Polar Pack gel pack
 - 1 Collection container
 - 1 FedEx Clinical Pak with Billable Stamp
 - 1 Zip-lock bag containing:
 - 1 Yellow-capped vial
 - 1 Absorbent material
 - 1 Disposable glove
 - 1 Zip-lock bag containing:
 - 1 White-capped vial
 - 1 Absorbent material
- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
 - ◆ The Yellow-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 Customer Service for assistance.**
 - ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

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.

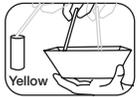
Collection Instructions:



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 white-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 reaches the fill line. Do not overfill. Screw the cap on *tightly*.



3) Unscrew the cap on the yellow-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 on *tightly*.



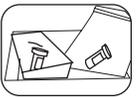
4) Shake the yellow-capped vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.



5) Write the patient's name, the date of collection, and patient's date of birth on both specimen vials. (You do not have to provide an ID#. The lab will assign one upon arrival). **The test cannot be performed without the patient information on the vials.**



6) Place the white-capped vial into the bag and seal. Place the Polar-Pack gel pack into the pouch on the back of the bag and freeze overnight. Place the yellow-capped vial in the bag and seal, then place the bag into the cardboard shipping box. Place the box in a refrigerator until you are ready to ship the specimens.



7) Retrieve the bag containing the frozen white capped vial and Polar-Pack gel pack from the freezer. Place the bag and its contents into the cardboard shipping box. Check to be sure that all of the bags and vials are in the box.



8) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens the same day you finish the collection, such as over a weekend or holiday, put the white-capped vial back in a freezer and place the cardboard box containing the yellow vial into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.