

An illustration of a human silhouette in profile, facing left. A yellow tube represents the digestive tract, starting from the mouth and ending in the large intestine. A magnifying glass is held over the large intestine, showing a detailed view of various microorganisms including bacteria, viruses, and fungi. The background is a teal color with faint, repeating icons of microorganisms.

# gut-well

## Three Day Kit

**Important:**  
Read all collection instructions  
prior to collecting stool.



## Your Test Kit

Check contents of the kit. If anything is missing, please contact your healthcare provider.

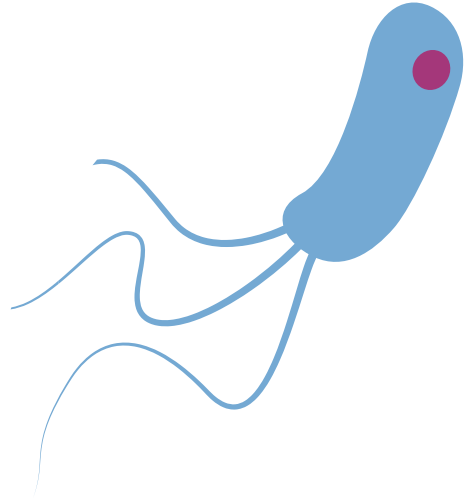
### **Your Kit Contains:**

- Kit box (keep for shipping your sample)
- Collection instructions
- Requisition form
- 3x pairs of disposable gloves
- 3x stool collection trays
- 3x spatulas
- 1x red-top tube (without liquid)
- 3x red-top tube (containing SAF liquid)
- 1x white-top tube (containing Cary Blair liquid)
- 3x biohazard bag with absorbent material
- Ice pack
- Insulated envelope
- Pre-paid return mailer

# Before You Begin

- Samples **MUST** be collected over the weekend and shipped Monday, to guarantee accurate results.
- Samples **MUST** be shipped with the frozen ice pack. You will need to place the ice pack in your freezer the day prior to your collection to ensure it is completely frozen at time of shipping.
- If you are using antifungal or antibiotic medications, please finish the course of medication and wait at least 14 days before starting this collection.
- If applicable: Before collecting specimen, discontinue use of iron supplements and/or Pepto Bismol until stool is not black (at least 7 days).

**WARNING:** The liquid in the red and white top tubes is poisonous; keep out of reach of children. Avoid contact with skin, eyes and clothing. Avoid ingestion and inhalation.



## Requisition Form

Check your requisition(s) to ensure it includes your healthcare provider's signature and barcode label. If either is missing, please contact your healthcare provider before sending us your sample.

### **Complete your requisition(s) with the following:**

- Legal name (first and last), address, telephone number(s)
- Date of birth (yyyy-mm-dd)

**Note:** Patient must be two years of age or older.

- Gender
- Date and time of collection (yyyy-mm-dd; hh:mm)
- List all medication and supplements you are using as they may affect test results

## Sample Labelling

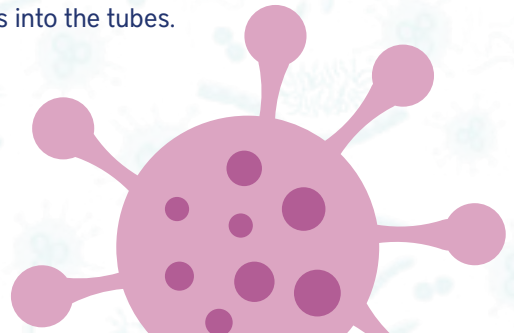
Use permanent ink ball point pens as other inks are water-soluble (e.g. rollerball ink) and may wash off containers or smear.

### **Complete sample label with the following:**

- Legal name (first and last)
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd; hh:mm)

**Important:** The name on your sample(s) and your requisition(s) MUST match exactly.

**TIP:** It is recommended to complete the sample label information just prior to transferring the stool samples into the tubes.



# Sample Collection

## Collection Summary

### Day One Bowel Movement

Collect on Friday

- Dark red-top tube (with SAF liquid)

### Day Two Bowel Movement

Collect on Saturday

- Dark red-top tube (with SAF liquid)

### Day Three Bowel Movement

Collect on Sunday

- Red-top tube (no liquid)
- White-top tube (containing Cary Blair liquid)
- Red-top tube (with SAF liquid)

**NOTE:** Samples for each day come from a bowel movement that day and are put into new tubes, not added to the previous day's tubes.



## DAY 1

### First Dark Red-Top Tube



1. Lay out the contents of the kit on a clean surface.  
**Note:** Do not contaminate the specimen with either urine or water from the toilet.

2. Urinate into the toilet, if needed.



3. Wash your hands thoroughly, and then put on your disposable gloves.

4. Collect your stool specimen into one of the stool collection trays. Keep the remaining trays clean so that they are ready for use to collect your samples on Days 2 and 3.



**TIP:** An Alternative Method for Stool Collection  
You may cover the toilet bowl loosely with plastic wrap and collect your stool specimen there. To avoid contamination, please collect your final sample from areas of the stool that have not touched the surface of the plastic wrap.



# DAY 1

(Continued)



5. Unscrew the cap of one of the dark red-top tubes (containing SAF liquid) and using the attached spoon or spatula, transfer stool specimen into the tube.

- i. Take multiple portions from different areas of the stool.
- ii. Add stool until the total volume of stool and liquid reaches at least the fill line on the tube label.

Do not fill the container beyond the 30 mL mark.

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6. Tightly screw the cap back onto the tube and shake to mix stool and preservative. Then, place the tube into the resealable biohazard bag with the absorbent material.

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7. Discard remaining stool in the toilet and throw away stool tray.

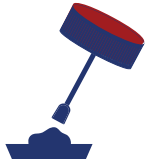
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8. **Storage.** Store all tubes in the refrigerator until ready to ship.  
DO NOT FREEZE.



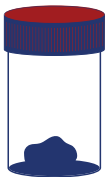
## DAY 2

### Second Dark Red-Top Tub



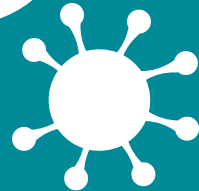
1. Follow the instructions in steps 1 - 4 from Day 1, collecting your second sample into one of the remaining stool collection trays.
- .....

2. Unscrew the cap of the remaining dark red-top tube (containing SAF liquid) and using the attached spoon or spatula, transfer stool specimen into the tube.
- .....



3. Follow the remaining instructions from Day 1 and store the second tube in the refrigerator until ready to ship.

**DO NOT FREEZE.**





## DAY 3

**You are required to provide a sample in each of the three (3) tubes provided.  
All three (3) samples are to be taken from a single bowel movement.**

1. Follow the instructions in steps 1 - 4 from Day 1, collecting your third sample into the remaining stool collection tray.

### **First Red-Top Tube (without liquid)**



2. Unscrew the cap of the red-top tube (without liquid) and using the attached spoon or spatula, transfer stool specimen into the tube.
  - i. Take multiple portions from different areas of the stool.
  - ii. Add stool until it reaches to at least the fill line on the tube label.

Do not fill the container beyond the 30 mL mark.



- .....
3. Tightly screw the cap back onto the tube and place it into the resealable biohazard bag with the absorbent material.



# DAY 3

## White-Top Tube (containing Cary Blair liquid)

4. Unscrew the cap of the white-top tube (containing Cary Blair liquid) and using the attached spoon or spatula, transfer stool specimen into the tube.



- i. Take multiple portions from different areas of the stool.
- ii. Add stool until the total volume of stool and liquid reaches at least the fill line on the tube label.

Do not fill the container beyond the 30 mL mark.



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3. Tightly screw the cap back onto the tube and shake to mix stool and preservative. Then, place the tube into the resealable biohazard bag with the absorbent material.

## Second Red-Top Tube (containing SAF liquid)

6. Unscrew the cap of the second red-top tube (containing SAF liquid) and using the attached spoon or spatula, transfer stool specimen into the tube.



- i. Take multiple portions from different areas of the stool.
- ii. Add stool until the total volume of stool and liquid reaches at least the fill line on the tube label.

Do not fill the container beyond the 30 mL mark.

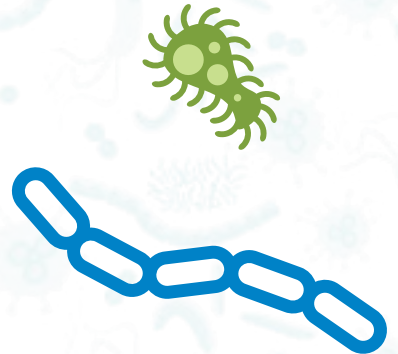
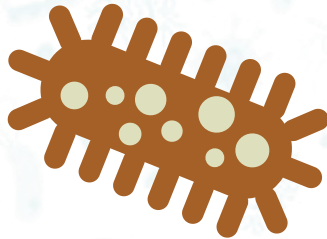
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7. Discard remaining stool in the toilet and throw away stool tray.

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8. **Storage.** Store all tubes in the refrigerator until ready to ship. **DO NOT FREEZE.**

# Sending Your Sample

**Reminder:** Samples MUST be collected over the weekend and shipped Monday, to guarantee accurate results. Samples MUST be shipped with the frozen ice pack.

1. Place the completed requisition form in the outside pocket of the insulated envelope.
2. Place the sealed biohazard bags containing the samples into the insulated envelope with the frozen ice pack. Place the insulated envelope, with the completed requisition form, into the kit box and close it.
3. Place the closed kit box into the pre-paid return mailer, then seal the mailer.
4. Call Federal Express at 1-800-463-3339 and request same day pick-up.

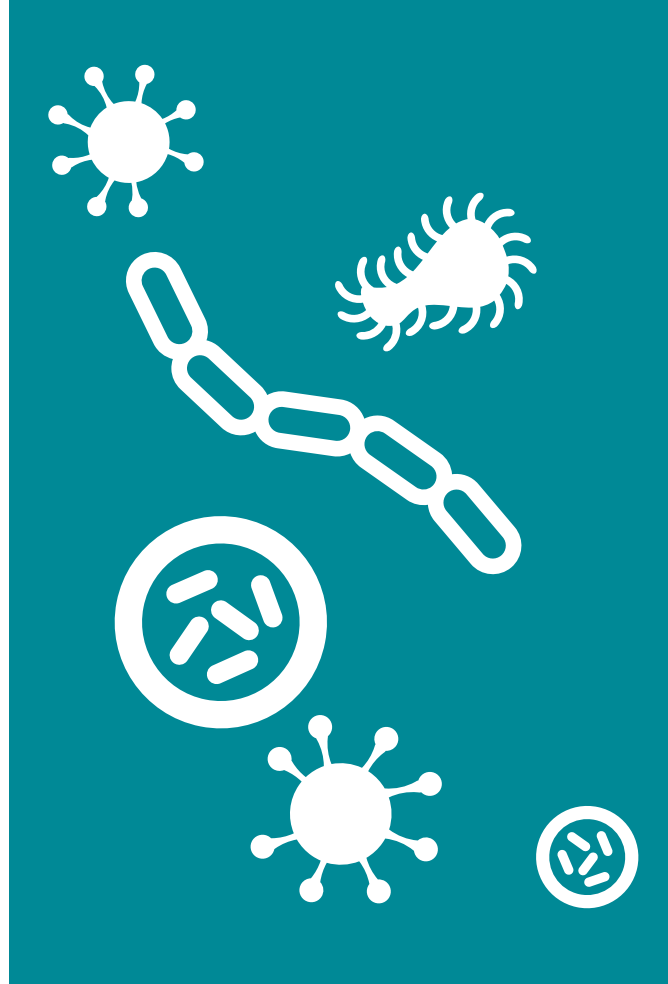
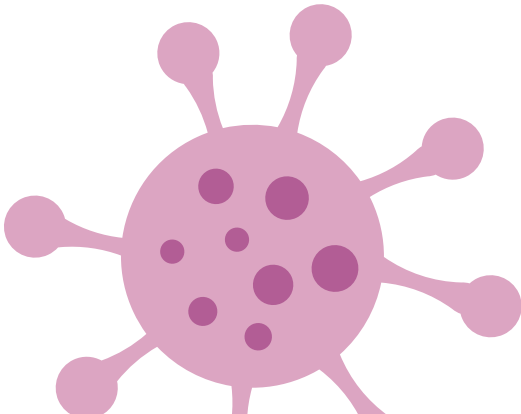


# Getting Results

Results will be sent to your healthcare provider approximately seven (7) to ten (10) business days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare provider if you have questions regarding your results.

**Note:** Rocky Mountain Analytical staff will not discuss test results with patients.





Rocky Mountain Analytical®  
*Changing lives, one test at a time*

#### **Patient Privacy**

Privacy Statement: Your healthcare provider's stamp or signature on the requisition is our legal authority for analyzing your stool sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes.

If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical.

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