

**COMPREHENSIVE STOOL AND DIGESTIVE ANALYSIS WITH OVA AND PARASITES X
3 AND FECAL HEAVY METALS**

(x 3: Collect 3 separate specimens on 3 separate days, preferably alternating days)

COLLECTION & SHIPPING INSTRUCTIONS

Dear Patient:

Your practitioner has requested a Comprehensive Stool and Digestive Analysis (CSDA). For maximum results, you will need to follow simple dietary recommendations and will need to avoid interfering substances for a few days. Consult your practitioner if you have questions about discontinuing the substances mentioned below.

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| 1 - Requisition Form | 1 – Ice pack |
| 1 - Instruction Sheet | 1 - Cardboard Shipping Box |
| 1 - Nun’s Hat | 3 - Biohazard Bags |
| 2 - Clean, White Vials (no preservative) | 1 - UPS Next Day Air Pack (US & Canada only) |
| 3 - Yellow Formalin Vials | 1 - UPS Next Day Shipping Label (US & Canada) |
| 1 - Orange Enteric Vial | |

CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE BEGINNING.

PLEASE NOTE When shipping the specimens back to Meridian Valley Lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAYS AS DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY.**

OBSERVED HOLIDAYS ARE AS FOLLOWS: NEW YEARS DAY, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY AND THE DAY AFTER, AND CHRISTMAS DAY.

DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.

INTERFERING SUBSTANCES

A few substances will interfere with the analysis of the CSDA. Their use needs to be discontinued prior to beginning the diet plan, and for the duration of the test.

PLEASE FINISH THE COURSE OF MEDICATION AND THEN WAIT 3 DAYS PROIR TO BEGINNING THE COLLECTION

- Antifungal Medications
- Anti-yeast Medications
- Antibiotics

PLEASE FOR 3 DAYS PRIOR TO AND UNTIL YOU COMPLETE THE STOOL COLLECTION, SUSPEND THE USAGE OR CONSUMPTION OF THE FOLLOWING SUBSTANCES:

- Fish, and shellfish
- Oyster shell calcium and dolomite supplements
- Barium enemas or products containing Barium
- Bentonite clay
- Mineral or Castor oil

- Rectal suppositories
- Bismuth-containing medications (e.g. PeptoBismol)
- Antacids
- Do **NOT** have dental amalgams installed or removed

FOR 2 DAYS PRIOR TO BEGINNING THE DIET PLAN DISCONTINUE THE USE OF THE FOLLOWING UNLESS OTHERWISE DIRECTED BY YOUR PRACTITIONER

- Aspirin
- Laxatives especially those containing mineral and castor oil
- Digestive enzymes

DIETARY INSTRUCTIONS

If you normally eat a diet consisting of normal amounts of dietary fat, please continue for the collection. If you eat a fat restricted diet, please eat a normal diet including dietary fat for 3 days prior to collection.

COLLECTION INSTRUCTIONS

NOTE: DO NOT COLLECT SPECIMENS ON A FRIDAY OR SATURDAY. SPECIMENS MUST REACH THE LAB WITHIN 48 HOURS OF COLLECTION. DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY

Collection One:

1. Place Nun's Hat under toilet seat. Collect stool in collection container. **IMPORTANT: DO NOT LET URINE OR WATER COME INTO CONTACT WITH THE STOOL SPECIMEN.** Alternatively, any clean, plastic container can be used to collect the stool specimen.
2. Remove a yellow vial from the cardboard box.
3. Unscrew the cap on the yellow vial, with the spoon take portions from multiple areas of the stool. Fill the yellow vial with enough stool to raise the liquid to the RED FILL LINE, approximately half full. **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 Patient Name and Date of Collection on the vial. You do not have an ID#, the lab will assign one upon arrival.
6. Place the yellow capped vial in a biohazard bag, then place the bag in the shipping box. Leave the box at room temperature.

Collection Two:

7. Collect stool in collection container. Do not let urine or water come into contact with the stool specimen.

8. Remove a white and one of the yellow vials from the cardboard box.
9. Unscrew the cap on the white vial, with the spoon take portions from multiple areas of the stool. Fill the white vial with enough stool, approximately half to three quarters full. DO NOT OVERFILL. Screw the cap on tightly.
10. Unscrew the cap on the yellow vial, with the spoon take portions from multiple areas of the stool. Fill the yellow vial with enough stool to raise the liquid to the RED FILL LINE, approximately half full. DO NOT OVERFILL. Screw the cap on tightly.
11. Shake the yellow capped vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.
12. Write Patient Name and Date of Collection on the vials.
13. Place the white capped vial in a biohazard bag, place the white vial and the ice pack into the foam insulated mailer and freeze overnight.
14. Place the yellow capped vial in the biohazard bag with the first specimen, then place the bag in the shipping box. Leave the box at room temperature.

Collection Three:

15. Collect stool in collection container. Do not let urine or water come into contact with the stool specimen.
16. Remove the orange and the remaining yellow and white vials from the cardboard box.
17. Unscrew the cap on the orange vial, with the spoon take portions from multiple areas of the stool. Fill the orange vial with enough stool to raise the liquid to the RED FILL LINE, approximately half full. DO NOT OVERFILL. Screw the cap on tightly.
18. Unscrew the cap on the yellow vial, with the spoon take portions from multiple areas of the stool. Fill the yellow vial with enough stool to raise the liquid to the RED FILL LINE, approximately half full. DO NOT OVERFILL. Screw the cap on tightly.
19. Unscrew the cap on the white vial, with the spoon take portions from multiple areas of the stool. Fill the white vial with enough stool, approximately half to three quarters full. DO NOT OVERFILL. Screw the cap on tightly.
20. Shake the orange and yellow capped vials vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vials.
21. Write Patient Name and Date of Collection on the vials.
22. Place the orange, white and yellow vials into a biohazard bag. Place the biohazard bag in the refrigerator until ready to ship.
23. Complete the enclosed requisition; include payment (if required). Place the requisition in the outside pocket of a biohazard bag.

Shipping Instructions

1. Retrieve the foam insulated mailer containing the frozen white vial and ice pack from the freezer. Place the insulated mailer into the shipping box. Place the bag with the white vial and the bags with orange and yellow vials in the foam mailer.

2. Place the cardboard shipping box into the UPS next day air pack and seal securely.
3. Place return shipping label with barcode on outside UPS next day air bag.
4. Save return receipt with the tracking number for your records.
5. Call UPS toll free at **1-800-742-5877** for a pickup or for nearest drop location. UPS will pick up only on weekdays.
6. When calling for UPS pickup, request “**ON CALL AIR**” only. **DO NOT request a one-time pickup**. Meridian Valley pays for “**ON CALL AIR**” only. UPS expects the patient to pay for a one-time pickup.

