

COMPREHENSIVE STOOL AND DIGESTIVE ANALYSIS (CSDA)

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 | 1 - Biohazard Bag |
| 1 - Clean, White Vial (no preservative) | 1 - UPS Next Day Air Pack (US & Canada only) |
| 1 - Yellow Formalin Vial | 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 PRIOR TO BEGINNING THE COLLECTION

- Antifungal Medications
- Anti-yeast Medications
- Probiotics

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

- Aspirin
- Antacids
- Barium enemas or products containing barium
- Laxatives especially those containing mineral and castor oil
- Digestive enzymes
- Bismuth products

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

1. Pass urine into the toilet. Place Nun's Hat on toilet seat and pass stool into it.
IMPORTANT: DO NOT LET URINE OR WATER FROM THE TOILET BOWL COME INTO CONTACT WITH THE STOOL SPECIMEN. Alternatively, any clean, plastic container can be used to collect the stool specimen.
2. Remove the vials from the cardboard box
3. 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.
4. 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.
5. 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.
6. Shake the orange and the yellow capped vials vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vials.
7. Write patient's name and date of collection on the vials. You do not have an ID#, the lab will assign one upon arrival.
8. Place the white vial and the ice pack into the foam insulated mailer and freeze overnight. Place the orange and yellow vials into the biohazard bag. Place the biohazard bag in the refrigerator until ready to ship.
9. Complete the enclosed requisition; include payment (if required). Place the requisition in the outside pocket of the biohazard bag.

SHIPPING INSTRUCTIONS

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