

## **MICRODIGESTIVE PANEL COLLECTION & SHIPPING INSTRUCTIONS**

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| 1 - Clean Vial (no preservative) | 1 - UPS Next Day Shipping Label (US & Canada only) |
| 1 - Biohazard Bag                |  |

**CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING**

**PLEASE NOTE:** When shipping the specimens back to the 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 Microdigestive Panel and/or Butyrate. Their use needs to be discontinued prior to beginning the diet plan and for the duration of the test.

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

- Digestive Enzymes
- Antifungal Medications
- Anti-Yeast Medications
- Antibiotics
- Probiotics

**3 DAYS PRIOR TO BEGINNING THE DIET PLAN DISCONTINUE THE USE OF**

- Barium Enemas
- Laxatives
- Mineral Oil
- Caster Oil
- Rectal Suppositories
- Aspirin
- Limit Vitamin C intake to 1500 milligrams (mg)

### **DIETARY INSTRUCTIONS**

Eat the foods and portions you normally eat. ***If you have food sensitivities, you may substitute foods similar to those listed.*** you may drink beverages of your choice.

**PLEASE INDICATE ON THE REQUISITION FORM IF YOU ARE A VEGETARIAN.** To receive more accurate information about your digestion, be sure to include items from the following four groups in your diet for **three days – three times a day (breakfast, lunch, and dinner)**

**GROUP #1 MEAT: red meat, pork, fish, or poultry**

**GROUP #2 VEGETABLES: any raw or cooked vegetables**

**GROUP #3 STARCHY FOODS: potatoes, rice, pasta, yams, or bread  
(wheat, rye, or rice)**

**GROUP #4 BUTTER: real butter, margarine, animal fat or vegetable oils  
(one serving or pat per meal)**  
***Please limit your intake of fruit and fruit juice, as it will interfere with the test.***

#### **COLLECTION INSTRUCTIONS**

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 may be used to collect the stool specimen.
2. Remove vial from the shipping box. Write name and date on vial.
3. Using the scoop on the inside of the vial lid, fill the vial with enough stool to raise the liquid to the RED FILL LINE (arrow). **IMPORTANT: Do NOT OVER FILL THE VIAL.** Cap tightly. **DO NOT REFRIGERATE SPECIMEN.**
4. Complete the enclosed requisition; include payment (if required)

#### **SHIPPING INSTRUCTIONS**

1. Place the vial in the biohazard bag. Seal the bag.
2. Place the requisition in the outside pocket of the biohazard bag.
3. Put the biohazard bag into the shipping box and secure by locking the tabs in place.
4. Place the shipping box in the UPS next day air pack and seal securely.
5. Place return shipping label with the barcode on outside UPS next day air bag.
6. Save return receipt with the tracking number for your records.
7. Call UPS toll free at **1.800.742.5877** for a pickup or for nearest drop location. UPS will pick up only on weekdays.
8. 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.
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