

STOOL FOR BACTERIA AND/OR CANDIDA CULTURE

COLLECTION & SHIPPING INSTRUCTIONS

KIT CONTENTS

1 - Requisition Form	1 - Nun's Hat
1 - Instruction Sheet	1 - Cardboard Shipping Box
1 - Red Enteric Vial	1 - UPS Next Day Air Pack (US & Canada only)
1 - Biohazard Bag	1 - UPS Next Day Shipping Label (US & Canada only)

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 MAIL 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 test. Their use needs to be discontinued prior to beginning the collection, 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
- Antibiotics

FOR 2 DAYS PRIOR TO BEGINNING AND DURING THE COLLECTION DISCONTINUE THE USE OF THE FOLLOWING *UNLESS OTHERWISE DIRECTED BY YOUR PRACTITIONER*

- Aspirin
- Antacids
- Digestive Enzymes

COLLECTION INSTRUCTIONS

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

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 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. Shake the orange capped vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.
6. Write Patient Name and Date of Collection on the vials. You do not have an ID#, the lab will assign one upon arrival.
7. Place the white vial and the ice pack into the foam insulated mailer and freeze overnight. Place the orange vial into the biohazard bag. Place the biohazard bag in the refrigerator until ready to ship.
8. 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 vial, 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.

