



Meridian
Valley LAB

COMPREHENSIVE STOOL AND DIGESTIVE ANALYSIS (CSDA) COLLECTION & SHIPPING INSTRUCTIONS

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CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE BEGINNING.

PLEASE NOTE When shipping the specimens back to Meridian Valley Lab, send Monday through Wednesday 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.

****CHECK EXPIRATION DATE ON ALL VIALS BEFORE DOING THE COLLECTION.**

INTERFERING SUBSTANCES

A few substances will interfere with the analysis of the CSDA. 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

Please call 206.209.4200 with questions or Toll Free 855.405.8378
Monday through Friday 6:00 am – 7:00 pm PST

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Fax: 206.209.4211
www.meridianvalleylab.com info@meridianvalleylab.com

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

- Aspirin
- Antacids
- Barium enemas or products containing Barium
- Bismuth products
- Digestive Enzymes
- Laxatives especially, Mineral Oil and Castor Oil

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 fats for 3 days prior to and during the collection.

COLLECTION INSTRUCTIONS

NOTE: DO NOT COLLECT WHITE VIAL SPECIMENS ON A FRIDAY OR SATURDAY. SPECIMENS **MUST** REACH THE LAB WITHIN 48 HOURS OF THE LAST 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 green vial, with the spoon take portions from multiple areas of the stool. Fill the green 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

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RED FILL LINE, approximately half full. DO NOT OVERFILL. Screw the cap on tightly.

6. Shake the green and the yellow capped vials vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vials.
7. Write Patient 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 green 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 green 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.

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