

Collection Instructions – Comprehensive Clostridium Culture

Please read all of the directions and familiarize yourself with the collection procedures. If you are taking antifungal or antibiotic medications please finish the course of medication and then wait three days before starting this collection.

Please refrain from taking digestive enzymes, antacids and aspirin for two days prior to and during the specimen collection, unless otherwise instructed by your practitioner. Refrain from taking Probiotic supplements for two weeks prior to specimen collection, unless instructed otherwise by your practitioner.

Never discontinue prescription medications without first consulting your practitioner.

Ideally, conduct the test on a Sunday or Monday morning (see below)

Kit Contents:

- 1 Cardboard shipping box (contains kit items)
- 1 Test requisition form
- 1 Collection container
- 1 Yellow-capped vial
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 Pre-paid courier bag

(If you are missing kit components please contact FxMed)

Avoid contact of skin and eyes with fluid in vials. For eye contact, flush with water for 15 minutes. For skin contact wash thoroughly with soap and water. For accidental ingestion, contact you practitioner immediately

COLLECTION INSTRUCTIONS

1. Collect your stool specimen into the collection container. **DO NOT** contaminate the specimen with either urine or water from the toilet.
2. Unscrew the cap on the **yellow-capped vial** and using the attached spoon transport stool specimen into the vial. Take multiple portions from different areas of the collection container. Add stool until the total volume of stool and liquid reaches the fill line. **DO NOT OVERFILL.** *Screw the cap on tightly.*
3. Shake the **yellow-capped vial** vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.
4. Write patient's **Name, Date of Birth and Date of Collection** on the side of the vial. (You do not have to provide ID #. The lab will assign one upon arrival). The test cannot be performed without the patient info on the vial.
5. Place the **yellow-capped vial** in the zip-lock bag, and then place the bag into the cardboard shipping box.
6. Fill out the test requisition form completely. The test cannot be performed without a properly filled out requisition form.
7. Place the completed requisition form in the cardboard shipping box along with the zip-lock bag and put the shipping box into the Pre-paid Courier bag. The specimen is now ready for shipment.

Ideally, conduct the test on a Sunday or Monday morning and send by courier to FxMed, so we receive it by Tuesday. We then courier all samples to Doctors Data, on Wednesday morning every week.

Please call NZ Courier on 0800 800 841, when your sample is ready to be picked up. Tell the operator you have a “Pre-Paid Pickup” and give your location and, for your convenience, check as to what time they will pick up.