

Before You Begin Collections

1. Save the cardboard box and place gel pack flat into freezer (for at least 4 hours) to ship the sample back to us.
2. Send stool samples Monday through Wednesday ONLY. Extra shipping charges will apply for Saturday deliveries (Friday shipments), which may compromise the sample due to the lab being closed over the weekend. We must receive the sample vial within 7 days of the first collection.
3. Only use containers supplied by GPL to avoid contamination of specimens.
4. Please check the expiration date. If any have expired, call 913-341-8949 for a replacement vial.
5. If you are unable to produce a stool sample, only the following recommended laxatives can be used:
 - Oral phosphate soda laxatives such as Fleet
 - Magnesium citrate
 - Psyllium fiber
 - Enemas may be given using distilled water only
 Give laxatives 24 hours before any sample collection. Do not use any suppositories or mineral oil.
6. Fill out the Test Requisition Form (TRF) completely. Please PRINT clearly. For US patients a physician authorization is required.
7. If you have any questions, please call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com

Stool Testing Requirements and Guidelines

Vial Type	Minimum Sample Requirement	Before You Begin Collection	Collection Instructions	After Collection
Yellow Top (1)	5 mL stool (to fill line)	<p>Do not allow urine or water to touch sample as it will contaminate the sample.</p> <p>Avoid contact with the skin and eyes with the fluid in the vial. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your physician immediately.</p>	Collect sample in collection tray. Place sample into vial using spoon attached to lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.

Vial will have fixative agents in it. Do not pour out liquid. If it spills, please contact Customer Service for another kit.

Urine Collection Instructions (read before you begin)

1. Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.
2. If pediatric collection bag is necessary, see instructions below.
3. Females, please do not collect samples during menstrual cycle.
4. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color. If urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water only (no soap), air dry, then re-collect.
5. Collect a minimum of 10mL of first morning urine in the collection cup provided.
6. Screw lid on tightly. Print patient's full name, time and collection date on the side of the urine cup.
7. Freeze sample immediately until ready to ship. Ship with frozen gel pack.



Instructions continue on the reverse side

Pediatric Collection Bag Instructions (for infant collection)

Overnight collection is acceptable if using a pediatric collector. Follow the instructions below when using a pediatric urine collector. After collection, do not send the collection bag alone. You may put the entire bag into the collection cup or pour the urine directly from the bag into the collection cup.

1. To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
2. Peel off backing paper, exposing hypoallergenic adhesive.
3. For female use: Start from the bottom up with the adhesion at skin flap, separating vagina lips (labia) and work upward. Press firmly to skin surrounding the vagina (labia) with excess of bag toward the feet.
4. For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
5. Re-apply diaper directly over bag. We suggest that you cut a hole in diaper and pull the pediatric collection bag through, which will hold the bag securely in place. If necessary, you may place a second diaper on the outside of the first to prevent bag from irritating the skin.



Preparing and Shipping Specimen

1. Print the patient's full name, time, and collection date on the vial and on the TRF. You do not have to provide an ID number.
2. Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen ice pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the box.
3. Place the yellow-topped vial into the biohazard zip-lock bag. Place the absorbent packing sheet in the biohazard zip-lock bag with the vial and seal. Leave at room temperature.
4. Fold and place the completed Test Requisition Form into the outside pocket of the biohazard zip-lock bag containing the vial. Place the biohazard zip-lock bag with vial into the cardboard box. Close and seal box.
5. Place the box in the FedEx Clinical Pak. Please take note of the shipping/tracking number if you would like to track the package.
6. Seal the FedEx Clinical Pak.
7. Call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.