

When to schedule your shipment

- Ship your sample as soon as possible. If you cannot ship your sample the same day you complete the collection, such as over a weekend or holiday, keep the box containing the yellow-capped vial in the refrigerator until you are ready to ship. DO NOT store for more than three days. If you are doing the ***GI Pathogen Profile**, you MUST collect your sample on a Sunday, Monday, Tuesday or Wednesday as this must be shipped the same day as collection.
- Please schedule your shipment so that your sample will arrive to the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that the following information is provided:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the completed Personal Information Form into the box containing your sample.
 - Place box in DHL bag and ship (see Shipping Instruction).



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Welcome To Your Test Kit

You have chosen to do one of the following tests: Bacteriology Culture, Comprehensive Clostridium Culture, GI Pathogen Profile, Multiplex PCR, Microbiology Culture, Shiga Toxins, Toxigenic C. difficile Culture or Yeast Culture Test from Nordic Laboratories. These tests will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Padded envelope
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Yellow-capped vial
- 1 x Collection tray
- 1 x Resealable plastic bag with an absorbent pad
- 1 x Disposable glove

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

When to schedule collection

- This test is to be taken over the course of ONE day. You may collect your sample any time during the day.
- If you are taking the **GI Pathogen Profile**, you MUST collect your sample on a Sunday, Monday, Tuesday or Wednesday as this must be shipped the same day as collection and arrive at our lab on a weekday. If we receive the specimen more than 2 days after collection, you will have to resubmit your sample.

If you are taking medication or supplements

- Refrain from taking probiotic supplements for two weeks prior to sample collection unless instructed otherwise by your physician.
- 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 physician.

Important notes

- Never discontinue prescription medications without consulting your physician.
- Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Keep vials out of the reach of children.
- **GI Pathogen Profile** specimens must be shipped the same day as collection. If we receive the specimen more than 2 days after collection, you will have to resubmit your sample.

Collection Procedure



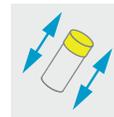
Step 1:
Write your full name, date and time of collection on the label attached to the yellow-capped vial.



Step 2:
Put on the disposable glove. Collect your stool sample into the collection tray (DO NOT contaminate the sample with urine, menstrual blood or water from the toilet).



Step 3:
Unscrew the cap on the yellow-capped vial and use the spoon attached to the lid to transfer stool from different areas of the sample into the vial (make sure there is enough stool to reach but not exceed the fill line). Screw the cap back on tightly.



Step 4:
Shake the yellow-capped vial vigorously for approximately 30 seconds to mix the stool with the preservative in the vial.



Step 5:
Record the stool consistency on the side of the vial (refer to the stool consistency key).



Step 6:
Place the yellow-capped vial into the resealable plastic bag. Place the bag into the padded envelope and put this into the supplied box. Leave the box in the refrigerator until you are ready to ship.

Stool consistency key:



Hard/constipated



Formed/normal



Loose stool



Watery/diarrhea