

Shipping Preparation

When to schedule your shipment

- Ship your samples within 24 hours of collection.
- Schedule your shipment so that your samples arrive at the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - 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 sealed bio-hazard bag into the padded envelope and close. Place the padded envelope and the completed Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do a GI Effects Microbial Ecology or Comprehensive Profile Test from Nordic Laboratories which 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 Return Shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Bio-hazard bag
- 1 x Sample collection tray
- 1 x Orange-capped vial
- 1 x Pink-capped vial
- 1 x Green-capped vial
- 1 x White-capped vial
- 1 x Fecal swab and tube
- 1 x Label for fecal swab and tube
- 1 x Disposable glove
- 1 x Absorption pad

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu.

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.



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Preparation

Provide the following information

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

If you are taking medication or supplements

- Two days prior to taking the test, please refrain from taking the following unless otherwise instructed by your healthcare provider: Digestive enzymes, antacids, rectal suppositories, enemas, activated charcoal, bismuth, betaine HCl, laxatives, mineral oil, castor oil, and/or bentonite clay, aspirin and other NSAIDs (i.e. ibuprofen).
- If taking antibiotics, antiparasitics, antifungals, probiotic supplements (acidophilus, etc.), or consuming food products containing beneficial flora (e.g. Activia), it is recommended that you wait a minimum of 14 days after your last dose before beginning the test; 28 days may be preferred after antibiotics have been utilised (unless instructed otherwise by your practitioner). There may be times when your practitioner prefers that you stay on one of these agents (e.g. acidophilus) during testing in order to evaluate its effectiveness.
- Refrain from taking proton pump inhibitors (PPIs), and bismuth for 14 days prior to testing if adding on the H.pylori test.

Important

- DO NOT collect samples when there is bleeding from hemorrhoids or menstruation.
- Wait at least 4 weeks if you have had a colonoscopy or barium enema before starting the test.
- Never discontinue prescription medications without first 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.
- Use caution when opening the vials. At high altitudes, the vials may be susceptible to pressure. Cover the top with a cloth or remove top slowly.
- Keep vials out of the reach of children.
- This test is not recommended for patients under two years of age.
- If a worm is seen during your collection, DO NOT put it in the vial with stool sample. Instead, place it in the GREEN-TOP VIAL WITHOUT scooping additional stool. Alternatively, a worm can be placed in a clean glass jar with rubbing alcohol, with no additional stool added to jar. Make a note on the Personal Information Form that a worm was seen and write WORM on the vial. Do not mix and mash sample if there is a worm inside. Do not shake vial if there is a worm inside.

Stool Consistency Key:



Hard/constipated



Formed/normal

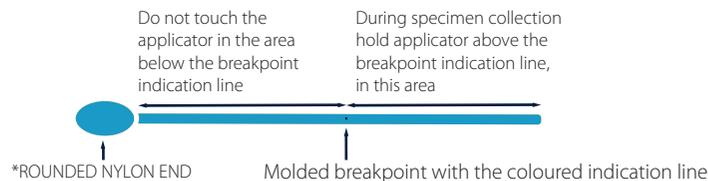


Loose stool



Watery/diarrhea

Fecal Swab & Tube Diagram:



Collection Procedure



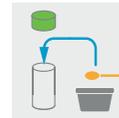
Step 1:

Write your name, date of birth and date of collection on ALL four vials (you do not have to provide an ID number as the lab will assign one upon arrival). Also note date of collection on the Personal Information Form.



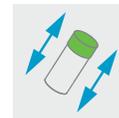
Step 2:

Put on the disposable gloves. Collect your stool sample into the collection tray (DO NOT contaminate the sample with urine, menstrual blood or water from the toilet). **Note:** If a worm is seen in your collection, put the worm (with no stool) into the green-capped vial. DO NOT add any worms into any other vials or tubes.



Step 3:

Unscrew the cap from the green-capped vial. 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 vial vigorously for approximately 30 seconds to mix the stool with the preservative in the vial.



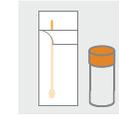
Step 5:

Record the stool consistency on the vial label (refer to the stool consistency key).



Step 6:

Repeat steps 2-5 with the pink, orange and white-capped vials. **Please note:** there is no liquid inside the white-capped vial.



Step 7:

Peel open swab package, remove the tube and place it upright. The swab should remain in the sleeve until you are ready to collect your sample.



Step 8:

Grasp swab above the moulded breakpoint which is the opposite end from the nylon applicator tip (see Fecal Swab and Tube Diagram on previous page). Collect sample by inserting the ROUNDED NYLON END* (see diagram) of the swab into the stool sample and rotate it. Check that the swab contains fecal material. If not, repeat.



Step 9:

Open the swab collection tube and insert the swab. Mash and mix the rounded nylon end of the swab with stool on it against the side of the tube. Break the swab off at the break point. Place the screw cap on the tube and tighten. Shake the tube. Using the peel and stick label, write your name, date of birth, gender and collection date on the label and apply to the swab tube.



Step 10:

Dispose of remaining stool and the collection tray appropriately.



Step 11:

Place ALL of your samples into the bio-hazard bag and seal. Place the bag in the refrigerator until you are ready to ship.