

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. If you cannot ship the 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.
- 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 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:
  - Take the resealable plastic bag containing your sample and place it into the supplied box along with the completed Personal Information Form.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



## Welcome To Your Test Kit

You have chosen to do a GI360 Microbiome 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](mailto: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 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 Resealable plastic bag
- 1 x Disposable glove
- 1 x Sample collection tray
- 1 x Yellow-capped vial
- 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](mailto:testkits@nordicgroup.eu)



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[info@nordic-labs.com](mailto:info@nordic-labs.com) . [www.nordic-labs.com](http://www.nordic-labs.com)

**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.

## Preparation

### Provide the following information

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

### Current medication or supplements

- Please refrain from the following:
  - Taking antibiotics, antiparasitics, antifungals, proton pump inhibitors (PPIs) and probiotic supplements for two weeks prior to sample collection unless instructed otherwise by your physician.
  - Taking digestive enzymes, laxatives (particularly mineral oil and castor oil), aspirin and other NSAIDs, activated charcoal, betaine HCl, antacids, or bentonite clay for two days prior to and during the specimen collection, unless otherwise instructed by your physician.
  - Never discontinue prescription medications without first consulting your physician.

### Important notes

- Do not collect sample when there is active bleeding from haemorrhoids or menstruation.
- Wait at least four weeks from a colonoscopy or barium enema before collecting.
- 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.

## Stool Consistency Key:



Hard/constipated



Formed/normal



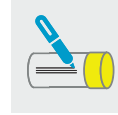
Loose stool



Watery/diarrhea

## Collection Procedure

### Stool Collection



#### Step 1:

Write your name and date of collection on the label attached to the yellow-capped vial.



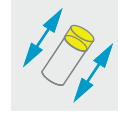
#### Step 2:

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).



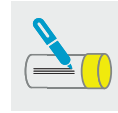
#### Step 3:

Unscrew the cap on the yellow-capped vial. 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 (please refer to the stool consistency key).



#### Step 6:

Place the vial into the resealable plastic bag. Place the bag into the box and leave in the refrigerator until ready to ship. DO NOT freeze.



#### Step 7:

Note the date of collection on the Personal Information Form.