



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Affix the provided Prepaid Return Label onto the bag in the designated location. Record the tracking number printed on the label if you want to track this delivery.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a pick up." The next prompt asks if the shipment is more than 150lbs, say "No." At the next prompt, say "Schedule a Pick up with a Label or Stamp." Reply "YES" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Collection Instructions for: Beta-glucuronidase, Calprotectin, Elastase, *H. pylori*, Lactoferrin, Lysozyme, Secretory IgA, Zonulin Family Protein

Before You Start:

Please read all of the instructions carefully before beginning. Consult your physician for specific instructions and before stopping any medications. *Never discontinue prescription medications without first consulting your physician.*

Discontinue the Following:

Two Weeks Before The Test: Antibiotics, antiparasitics, antifungals, or probiotic supplements, proton pump inhibitors (PPIs) and Bismuth.

Two Days Before The Test: Aspirin and other NSAIDs, digestive enzymes, laxatives (particularly mineral oil, castor oil, and glycerin enemas/suppositories), activated charcoal, betaine HCl, antacids or bentonite clay.

Other Information:

- ◆ Do not collect samples when there is active bleeding from hemorrhoids or menstruation
- ◆ Wait at least 4 weeks from a colonoscopy or barium enema before collecting
- ◆ Do not contaminate the stool with urine or water

Verify Kit Contents:

- 1 Test requisition form
- 1 Polar Pack gel pack
- 1 Collection container
- 1 White-capped vial
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 FedEx Clinical Pak with Prepaid Return Label

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

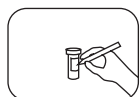
Collection Instructions:



1) Collect your stool specimen into the collection container. DO NOT contaminate the specimen with either urine or water from the toilet.



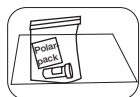
2) Unscrew the cap on the white-capped vial and, using the attached spoon, transport stool specimen into the vial. Take multiple portions from different areas of the collection container. Add stool until the total volume of stool reaches the fill line. DO NOT OVERFILL. Screw the cap on tightly.



3) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. (You do not have to provide an ID#. The lab will assign one upon arrival). The test cannot be performed without the patient information on the vial.



4) Place the white-capped vial into the bag and seal. Place the Polar-Pack gel pack into the pouch on the back of the bag. Place the bag into a freezer until frozen solid (usually about 6 hours).



5) Retrieve the bag containing the frozen white capped vial and Polar-Pack gel pack from the freezer. Place the bag and its contents into the cardboard shipping box.



6) Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot arrange shipping on the same day you finish the collection, such as over a weekend or holiday, freeze the specimen until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.