

INSTRUCTIONS FOR FULL GI PANEL

Please read these instructions carefully before beginning the collection process.

Objective

To collect two soft stool specimens, ideally passed 2–3 days apart, with the second specimen swabbed for culturing.

Preparation Before Collection

1. Dietary Recommendations

- **Do:** Eat high-fiber foods to produce soft stool (e.g., fruits, vegetables, whole grains).
- **Avoid:** Dark-colored foods or drinks such as red meat, spinach, coffee, red wine, or dark juices for several days before collecting your sample.
- Aim for lighter-colored stools to enhance test accuracy.

2. Medication Restrictions

- Avoid collecting samples within two weeks of stopping antibiotics, antiparasitics, antimalarials, probiotics, or medications like Pepto-Bismol.
- Do not use castor oil liquid petrolatum or undergo radiological exams involving barium sulfate before collection.
- Consult your physician before altering or discontinuing medications.

3. Handling Precautions

- Each specimen is a potential source of infection. Always use gloves and follow hygiene practices.
- Avoid contact with the vial preservative. If it touches the skin or eyes, rinse thoroughly with water for 15 minutes. If swallowed, drink water and seek medical attention.
- The preservative is non-toxic to the environment but can irritate skin and eyes.

4. For Constipation

- To produce a soft specimen, use non-absorbable high-fiber or herbal laxatives (e.g., Miralax). Avoid laxatives with antiparasitic or anti-infective ingredients.

Collection Instructions

1. First Specimen

- Open one vial containing preservatives.
- Use the attached spoon to collect small amounts of stool, especially from watery or bloody areas, if present.
- For diarrhea, collect the latter part of the stool.
- Important: Fill the vial only to the marked fill line. Overfilling can compromise results.

2. Mixing and Storage

- Replace the cap tightly and shake the vial to mix thoroughly.
- Ensure the vial is securely closed to prevent leaks.
- Label the vial with the provided information (do not include an ID number; this will be assigned).

3. Second Specimen

- Repeat the process 2–3 days later, or during a symptomatic period, for the second sample.
- Place both vials in the resealable bag provided.
- Before collecting the second specimen, prepare the swab:
 - Open the swab package carefully without touching the cotton tip.
 - After collecting the stool, dip and swirl the cotton swab in the stool, focusing on the sample areas. **Do not insert the swab into the anus.**
 - Alternatively, the swab can be used to collect samples of **skin, mucus, saliva, vaginal secretions, sputum, or other body fluids** (excluding blood).
 - Place the swab into the test tube, ensuring it reaches the culture medium at the bottom. Close the lid tightly.
 - Label the test tube with your name, sample source, and date of collection.

4. Special Note for Cyclical Symptoms

- If symptoms vary, collect samples during periods when symptoms are worse.
- If prior tests have been negative but symptoms persist, collect up to four smaller specimens (two in each vial) over several days for more comprehensive data.

Requisition Form and Shipping

1. Completing the Form

- Fill out the requisition form completely. Samples without completed forms will not be processed.
- If using a credit card (Mastercard, Visa, or Discover), include your payment information.

2. Shipping Instructions

- Place the vials and completed requisition form back into the original box.
- Use a courier of your choice (USPS, UPS, FedEx, etc.) to send the samples to:
- Ship the specimen to PCI with a 2-3 day delivery service
- **Send to PCI 11445 E. Via Linda #2-419, Scottsdale, AZ 85259- This address is a UPS store..**
- Shipment of samples is the responsibility of the patient. **PCI does not provide return labels.**

3. Storage Before Shipping

- Store the samples in a cool, dry place until shipment.
- If there is a delay between collection and shipping, refrigerate the Swab.

Results

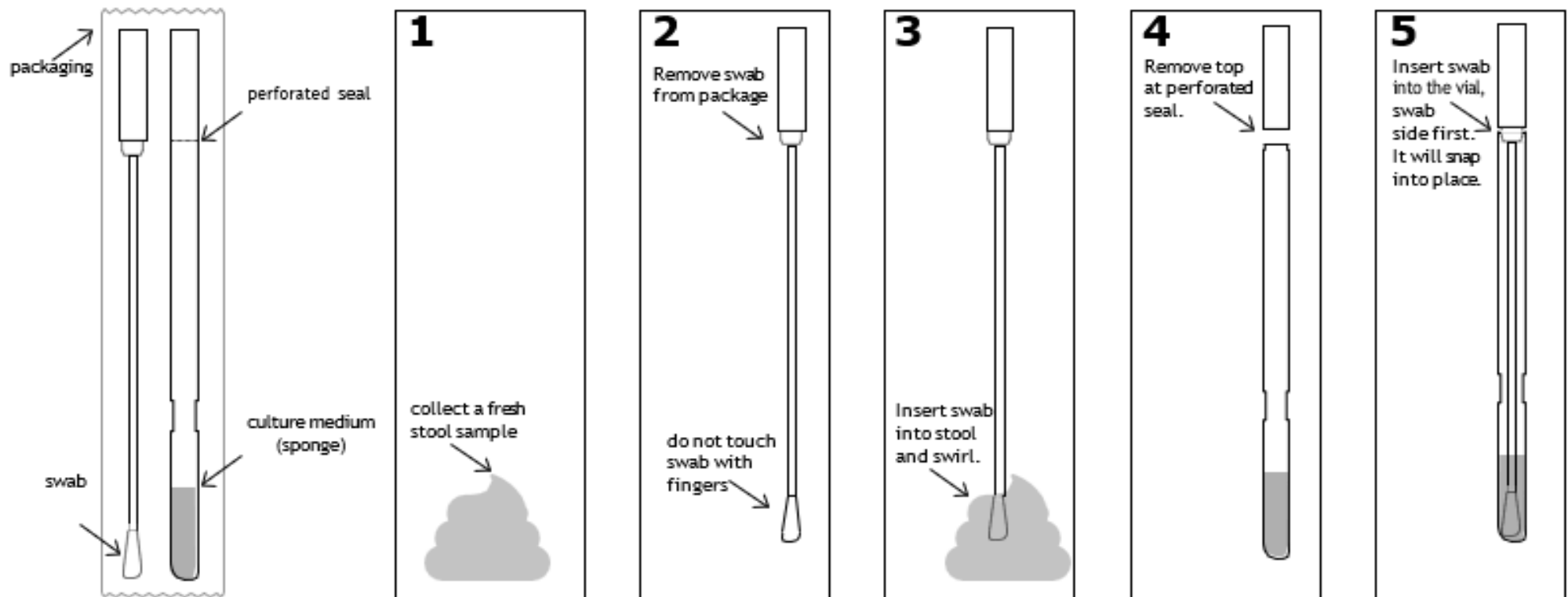
- If you have one, results will be available to your physician or practitioner within **3–5 business days** of receiving the samples (excluding weekends and holidays). Swab results will be ready within **2–3 weeks** of receipt.
- If registered as a patient on our website, you will receive your results through the patient portal.
- If you still need to register, create a patient account on our website to access your results.

Key Reminders

- Read all instructions before starting.
- Make sure to fill vials and complete all the steps in the collection process.
- Ensure the requisition form is complete and included with your shipment.

For additional questions, visit the **Contact Us** section of www.parasitetesting.com.

Visual Guide to the Swab Culture Test (Part 2)



Ship Your Sample Quickly

Once you take the swab sample, please return it with the other two vials as soon as possible.

The best time to ship back the samples is on a weekday, ideally on a Monday or Tuesday.

The worst way to ship back the samples would be to drop them in a post office box late on a Saturday. The package could sit in the box for two days before pick-up, potentially hurting the sample's viability.

If you can't ship the swab sample back, that On the same day, refrigerate the sample until you can ship it. Refrigerate it for a maximum of 2 days. After 2 days, the sample is no longer viable.