

### INSTRUCTIONS FOR FULL GI PANEL

**Please read instructions completely before you begin.**

**OBJECTIVE:** The collection of two soft stool specimens passed 2-3 days apart or when patient is most symptomatic, and swabbing of the last specimen for culturing.

**RESTRICTIONS AND PRECAUTIONS:**

1. Avoid drinking or eating dark food and liquid for several days before collecting sample. The lighter the color of the stool, the better. If possible, adjust your diet during the same period by eating more fiber to produce a soft specimen.
2. Allow two weeks after termination of medication before collecting stool specimen, Medications such as antibiotics, anti-parasitic, anti-malarials, mineral oil, antacids, non-absorbable anti-diarrheal preparations, or bismuth, e.g. Pepto Bismol, can affect the accuracy of the results. Do not use castor oil or liquid petrolatum. Do not collect the sample after undergoing radiological examination involving barium sulfate. **Do not discontinue medications without your physician's approval.**
3. Handle with care, each specimen represents a potential source of infection with parasites, bacteria or viruses.
4. If any colored liquid preservative from the vials or stool specimen gets into eyes or on skin, immediately wash area with water for at least 15 minutes. Avoid breathing vapors. If any discomfort or irritation develops, contact a physician. **The preservative is toxic if swallowed & irritating to eyes and skin. Antidote:** rinse exposed area with water, then wash with soap and water. If swallowed, do not induce vomiting; give plenty of water to drink and seek medical attention. **Active ingredients:** 2-Bromo-2- Nitro-1,3-Propanediol and Zinc Sulfate and includes no carcinogenic chemicals. The preservative is environmentally friendly and does not include mercury, formalin or alcohols.
5. In case of constipation, non-absorbable high fiber, herbal laxatives may be used to produce softer stool specimens as long as they do not contain any anti-parasitic or anti-infectious ingredients.

**DIRECTIONS:**

1. Carefully open one vial containing preservative. Using the spoon attached to the cap of the vial, collect small amounts of stool from near the top of your specimen and especially from areas that are slightly watery or bloody, if present, and place into vial. If diarrhea, collect the latter part of stool specimen. The stool sample kit is biodegradable. Flush with stool when done. **IMPORTANT: FILL VIAL WITH JUST ENOUGH SPECIMEN TO REACH THE FILL LINE. DO NOT FILL OVER LINE. OVERFILLING CAN AFFECT THE ACCURACY OF RESULTS.**
2. Replace and tighten the spoon/cap and shake vial until contents are thoroughly mixed. Make certain that vial is tightly capped to avoid leakage. Vial does not need to be refrigerated. Fill out label on vial. Place vials in Ziploc bag. You do not need to put an ID number on the vial we will do that.
3. Repeat the procedure two or three days later and obtain another stool specimen then add the second vial in same Ziploc bag. **DO NOT FLUSH SPECIMEN. YOU WILL BE SWABBING THIS SPECIMEN FOR CULTURE.** If your symptoms are cyclical it is more important to take your specimens when you are feeling worse than following the general 2-3 days apart guideline. If you have a history of negative results but still have symptoms you can take a total of 4 smaller specimens (2 in each vial), every other day. Before collection of last stool specimen prepare the swab as you will be swabbing the last stool specimen for culture. Remove test tube from the wrapper carefully. Do not touch the cotton swab. Dip and swirl the cotton swab in the stool holding the long rod from the opposite end. **DO NOT INSERT INTO ANAL OPENING.** Specimen should arrive to PCI within 2-3 days. If there is any lag time from collection of specimen to transport, it should be kept refrigerated.
4. Remove the lid of the test tube and replace with the cotton swab end first till it penetrates the culture medium at the bottom of the test tube, and close the lid tightly. Write your name, site or source of sample, and date of collection.
5. Fill out requisition form completely. **Samples not accompanied by the completed requisition form will NOT be processed.** If you want to use **Mastercard, Visa, or Discover (we do not accept American Express)**, include the credit card information on the requisition form. You may use whatever courier you like to send the specimens back (USPS, UPS, FEDEX, ETC.).
6. **Send to: PCI 11445 E. Via Linda #2-419, Scottsdale, AZ 85259.**

**ONLY YOUR PHYSICIAN OR CLINIC IS AUTHORIZED TO RECEIVE AND DISCUSS THE RESULTS WITH YOU.**

Stool results will be available to your physician within 3 to 5 days of receipt of sample; swab results will be ready within 2-3 weeks of receipt of sample, not including weekends or holidays

