

## Collection Summary

Day One Bowel Movement Collect on Friday	Day Two Bowel Movement Collect on Saturday	Day Three Bowel Movement Collect on Sunday
Dark red top – liquid	Dark red top – liquid	Dark red top – liquid White top – liquid Red top – no liquid

## Sending Your Sample

**NOTE:** Samples *MUST* be collected over the weekend and shipped Monday, to guarantee accurate results. Samples *MUST* be shipped with the frozen icepack.

1. Place the completed laboratory requisition in the outside pocket of the insulated envelope.
2. Place the sealed biohazard bags containing the samples into the insulated envelope with the frozen icepack. Place the insulated envelope and completed laboratory requisition into kit box and close it.
3. Place the closed kit box into the pre-paid return mailer, then seal the mailer.
4. Call FedEx at 1-800-463-3339 and request same day pick-up.

## Getting Results

Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

**Note:** Rocky Mountain Analytical staff do not discuss test results with patients.

### Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your stool sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. [info@rmlab.com](mailto:info@rmlab.com) | P: 403-241-4500 | F: 403-241-4501

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A division of LifeLabs LP



# THREE DAY STOOL Collection Instructions

**Important: Read all instructions  
prior to collecting stool**

### Before You Begin

- Check contents of the kit. If anything is missing, please contact your healthcare professional.

**Warning: The liquid in the red and white top tubes is poisonous; keep out of reach of children. Avoid contact with skin, eyes and clothing. Avoid ingestion and inhalation.**

A SIMPLE, NON-INVASIVE, AT-HOME TEST.



Rocky Mountain Analytical®  
Changing lives, one test at a time



## How to Prepare

**Note:** Samples **MUST** be collected on Sunday and shipped Monday, to guarantee accurate results. Samples **MUST** be shipped with the frozen icepack.

If you are using antifungal or antibiotic medications, please finish the course of medication and wait 14 days before starting this collection.

If applicable: Before taking specimen discontinue use of iron supplements and/or Pepto Bismol until stool is not black.

**Note:** You will need to place the cold pack in your freezer the day prior to your collection to ensure it is completely frozen at time of shipping.

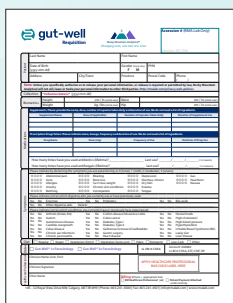
**Warning:** The liquid in the red and white top tubes is poisonous; keep out of reach of children. Avoid contact with skin, eyes and clothing. Avoid ingestion and inhalation.

## Lab Requisition

Check your requisition(s) to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition(s) with the following:

- Legal name (first and last), address, telephone number(s)  
**Important: The name on your sample(s) and your requisition(s) MUST match exactly**
- Date of birth (yyyy-mm-dd) **Note:** No pediatric samples, patient must be two years of age or older.
- Gender
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results.



## Sample Labeling

Use permanent ink ball point pens as other inks are water-soluble (e.g. rollerball ink) and may wash off containers or smear.

Complete sample label with the following:



- Legal name (first and last) **Important: The name on your sample(s) and your requisition(s) MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

## Sample Collection

**NOTE:** Samples for each day come from a bowel movement that day and are put into new tubes not added to the previous days tubes.



1. Lay out the contents of the kit on a clean surface.
2. Urinate into the toilet if needed.
3. Wash your hands thoroughly, then put on your disposable gloves.
4. Collect your stool specimen into the catchment container.



**Note:** Do not contaminate the specimen with either urine or water from the toilet.



5. On day one and two, unscrew the cap of a red-top tube (containing liquid) and using the attached spoon or spatula, transfer stool specimen into the tube. Take multiple portions from different areas of the stool. Add stool until the total volume of stool and liquid reaches at least the fill line on the tube label. Please do not fill the container beyond the 30 mL mark.



6. Tightly screw the cap back onto the tube and shake to mix stool and preservative. Then, place it into the re-sealable biohazard bag with the absorbent material. Discard remaining stool in the toilet and throw away stool tray.



7. On day three, repeat steps four, five and six. Then, unscrew the cap of the red-top tube without liquid and using the attached spoon or spatula, transfer stool specimen into the red-top tube. Take multiple portions from different areas of the stool. Fill the tube to at least the fill line on the tube label. Please do not fill the container beyond the 30 mL mark.

8. Tightly screw the cap back onto the tube and place the tube into the re-sealable biohazard bag with the absorbent material.



9. Unscrew the cap of the white-top tube (containing liquid) and, using the attached spoon or spatula, transfer stool specimen into the tube. Take multiple portions from different areas of the stool. Add stool until the total volume of stool and liquid reaches at least the fill line on the tube label. Please do not fill the container beyond the 30 mL mark. Discard remaining stool in the toilet and throw away stool tray.



10. Tightly screw the cap back onto the tube and shake to mix stool and preservative. Then, place the tube into the re-sealable biohazard bag with the absorbent material. Store in the refrigerator until ready to ship. DO NOT FREEZE.



11. See **Sending Your Sample** for shipping instructions.