



Before You Begin Collections

1. Samples may only be sent off to the lab **Monday through Wednesday only**. If samples are sent a different day, the sample may become compromised.
2. The black topped vials must be collected on two separate days (at least 12 hours apart). All four stool specimens must be shipped together within 5 days of the second collection. We suggest starting the first collection on the weekend.
3. Save the cardboard box and place the gel pack flat into the freezer for at least 4 hours to ship back to us
4. Please check your vials for expiration date. If vials have expired, contact your practitioner for a replacement kit.
5. Do not allow urine or water to touch the sample as that will contaminate it.
6. 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 your practitioner immediately.
7. If you are unable to produce a stool sample, only the following recommended laxatives can be used: Oral phosphate soda laxatives such as Fleet, Magnesium citrate, Psyllium fiber, or Enemas may be given using distilled water only. Give laxatives 24 hours before any sample collection. Do not use any suppositories or mineral oil.
8. Consult your practitioner for specific instructions and before stopping any medications.

Testing Requirements and Guidelines

Vial Type	Minimum Sample Requirement	Items to Discontinue: (Unless otherwise instructed by a doctor)	Collection: Day 1	Collection: Day 2	After Collection
White Top	10 mL stool (¾ full)	Digestive enzymes, antacids, iron supplements, vitamin c over 250 mg, aspirin, anti-inflammatories, and large amounts of meat 48 hrs prior to collection	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen. Fill vial at least ½ full with stool for an accurate test.		Place specimen in freezer.
Yellow Top	5 mL stool (to fill line)			Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.
Black Tops (2)	5 mL stool (to fill line)		Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.

Vials will have fixative agents in them. Do not pour out liquid. If it spills please contact Customer Service for another kit.

Preparing and Shipping the Specimen

1. Fill out the Test Requisition Form (TRF) completely (please print clearly). Print the patient's full name, time, and collection date on the vial. You do not have to provide an ID number.
2. Place the white-topped vial and the frozen gel pack into the silver thermo bag. Place into the cardboard box.
3. Place the yellow topped vial, both black topped vials and the absorbent packing sheet into the plastic biohazard zip-lock bag and seal. Place into the cardboard box.
4. Fold and place the completed TRF in the cardboard box and close the lid. Place box in the UPS Laboratory Pak and seal using the adhesive strip.
5. Please take note of the shipping/tracking number if you would like to track the package.
6. For best results, samples should be taken to your local UPS location (preferably toward end of the day to ensure sample(s) remain frozen during transit). To find your closest UPS Store location and hours visit www.ups.com/dropoff. Alternatively, you may call for a UPS pickup at 1 (800) 742-5877 and advise them you need to schedule a pick-up using a return label. Do not put kit(s) in a UPS drop box due to extended periods of time in a drop box can lead to errors in test results.
7. PLEASE DO NOT ISSUE DIRECT PAYMENT TO UPS for the shipment. If UPS attempts to bill you for shipping costs, please contact our staff for assistance at 913-341-8949. The Great Plains Laboratory is unable to reimburse shipping charges in cases where UPS is paid directly.

Turn Around Time

Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.