

# Returning your specimen to Age Diagnostic Laboratories

- Put the two labeled specimen tubes into the sealable section of the biohazard specimen transport bag supplied
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak provided
- Send sample to Age Diagnostic Laboratories (ADL).

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*

## Results

Your healthcare practitioner can expect to receive results 2 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**

**Stool**  
specimen collection  
instructions

## Before you start

### Check the contents of the test kit

- 1x Disposable collection tray
- 1x Disposable latex glove
- 1x C&S (white top) tube
- 1x SAF (brown top) tube
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## This kit can be used for any of the following tests

- Comprehensive Digestive Stool Analysis (CDSA) Level 1-5 (2003-2009)
- Helicobacter pylori Antigen (Fecal) (2010)
- Lactoferrin (Fecal) (2017)
- M2 Pyruvate Kinase (Fecal) (2012)
- Pancreatic Elastase 1 (2014)
- Parasitology Profile (Fecal) (2015)
- Transglutaminase IgA (Fecal) (2016)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

## Safety Notes

- **Caution!** Do not discard the fluid in the brown top container (SAF tube)
  - Avoid contact of the fluid in the tubes with your eyes or skin (wash the area thoroughly if this occurs)
  - Do not inhale or ingest the liquid in the tubes (contact your healthcare practitioner if this occurs).

## To ensure we can provide accurate results

- Without taking these precautions your results may be inaccurate
- Never discontinue prescription medications without first consulting your healthcare practitioner
- Female patients are advised not to perform this test during a menstrual period
- Do not discard the fluid in the SAF (brown top) tube
- **For all Tests:** 2 days before the test follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread) and fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test – vegetarians and vegans should eat their normal diet
- **For the CDSA, Faecal Parasitology & Helicobacter pylori Antigen Tests:** 2 weeks before the test cease taking antibiotics, antifungal drugs, proton pump inhibitors or bismuth unless instructed otherwise by your healthcare practitioner.
  - **For the CDSA & Lactoferrin Tests:** 3 days before the test cease taking oral castor oil, laxatives, aspirin or ibuprofen (Nurofen, Apo-Ibuprofen, Brufen, Panafen) unless instructed otherwise by your healthcare practitioner. If you are on probiotics (Lactobacillus/Bifidobacterium) please confirm with your practitioner if you need to discontinue them prior to testing
  - **For the Transglutaminase IgA Test:** We suggest that you do not eliminate gluten from your diet prior to testing as recent exposure to these foods may be required for antibodies to be present. If gluten is not included in the diet during this time, false negative results may be obtained.
  - **For the Helicobacter pylori Antigen Test:** To confirm H Pylori eradication testing should be performed at least 4 weeks after the completion of therapy.

## Specimen collection

- In the morning, put on the latex glove and then pass urine into the toilet, if necessary
- Pass stool onto the collection tray without contamination from urine
- Open the white top jar; use the scoop in its lid to collect several small portions of stool from areas of different color or texture; including any with visible blood or mucous. Add them to the white top jar until it is half full, then close the lid tightly
- Open the brown top tube; use the scoop in its lid to collect several portions of stool from areas of different color or texture; including any with visible blood or mucous. Add them to the brown top jar until it is half full, then close the lid tightly
- Label each tube with the patient's given name and surname, date of birth and date of collection
- Flush the remaining stool down the toilet and dispose of the collection tray.