

## POSTAGE INSTRUCTIONS

### 1 COLLECT ON APPROPRIATE DAYS

Ensure that the **last sample is collected** on a Monday or Tuesday, and **posted** promptly (Monday or Tuesday)

**DO NOT POST ON A THURSDAY OR FRIDAY.**

### 2 COMPLETE REQUISITION FORM

Ensure the **Requisition Form** is fully completed. *The test cannot be performed without a fully completed Requisition Form.*

### 3 LABELLING

Ensure the 4 vials from the fridge and 1 vial from freezer are completed and **labelled** in correct Zip-Lock bags. *The test cannot be performed without the patient information on the vials.*

### 4 PACKING THE SAMPLE

Only remove and place the vials and Ice Pack from the refrigerator/freezer into the cardboard box, then into the Express Post Bag, **just before** taking the samples for drop off.

### 5 DROP OFF

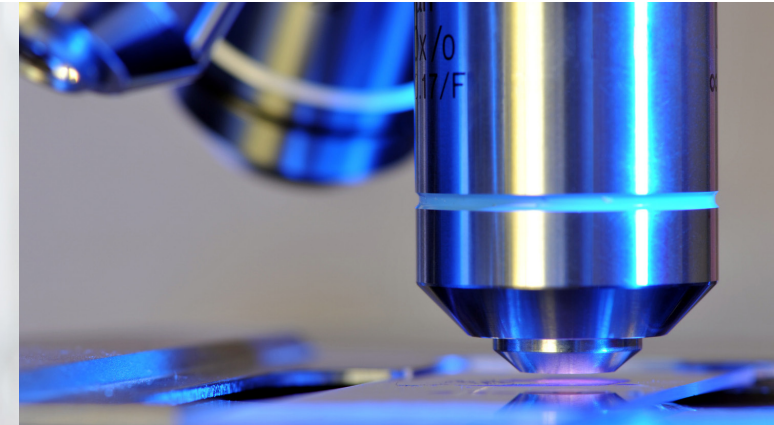
Drop off the envelope at your **local post office** (**NOT post box**) between **2-5pm, Mon - Tues.**

## AVOID THE SAMPLE BEING REJECTED

### \*Sample rejection incurs a \$50 recollection fee

- ✓ Sample was collected, refrigerated/frozen overnight and sent to RN Labs between Monday - Tuesday.
- ✓ The patient's name and date of birth are identical on Requisition Form and any specimen collection vials.
- ✓ All fields on Requisition Form are completed.

Further information and FAQ's can be found at [RNLabs.com.au](http://RNLabs.com.au) under **Patient Resources.**



## CONTACT US

GI360

### FOR POSTAGE & COLLECTION QUERIES OR QUESTIONS



1800 110 158



18/93 Rivergate Place,  
Murarrie QLD 4172



[Support@RNLabs.com.au](mailto:Support@RNLabs.com.au)

**RN LABS CANNOT, UNDER ANY CIRCUMSTANCES, OFFER HEALTH ADVICE TO PATIENTS.**

SHOULD YOU REQUIRE FURTHER SUPPORT, PLEASE CONTACT YOUR HEALTHCARE PRACTITIONER.

### Contents

- 1x Requisition Form
  - 1x Cardboard Postage Box
  - 1x Ice-Pack
  - 1x Prepaid Post Bag
  - 3x Disposable Collection Containers (for sample)
- Day 1 Bag\*:**
- 1x Black Top Vial
  - 1x Latex Glove
  - 1x Absorbent material
- Day 2 Bag\*:**
- 1x Black Top Vial
  - 1x Latex Glove
  - 1x Absorbent material
- Day 3 Bag:**
- 1x Black Top Vial
  - 1x Yellow Top Vial
  - 1x Latex Glove
  - 1x Absorbent material

### Separate Day 3 Bag:

- 1x White Top Vial
- 1x Absorbent material

\* The contents of Day 1 and Day 2 bag may be bound together.

## TEST PREPARATION

### BEFORE COLLECTION

- Please read all instructions **TWICE** before beginning test. Incorrect collection may result in inaccurate results or rejection.
- Some vials contain liquid preservatives, if the liquid falls below the middle or there is evidence of leakage, contact RN Labs.
- Avoid skin and eye contact with the liquid preservative. Flush thoroughly with water if this occurs. For accidental ingestion, contact your physician immediately.
- NOTE: The collection spoon is attached to the inside of the vial.

#### • Samples are best collected SATURDAY- MONDAY for prompt shipping on MONDAY/TUESDAY.

- Note: Samples are **best collected over 3 consecutive days**, however if that is not possible, all samples must be collected within a five day period.


- **DO NOT** collect samples when there is active bleeding from haemorrhoids or menstruation.
- **Post as soon as possible:** If sample cannot be posted on the day of collection, store the White Top vial in the freezer and the other vials in the refrigerator until ready to post.


### CHECK KIT CONTENTS


- Check kit contents list on front page. If you are missing kit components, please call RN Labs on 1800 110 158 immediately.
- Save the cardboard box to post your samples back to RN Labs.
- Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

### DIET/MEDICATION REQUIREMENTS

- Never discontinue prescription medications without first consulting your doctor.

 **4 Weeks Prior to Collection:** Wait at least 4 weeks from a colonoscopy or barium enema before collecting.

 **2 Weeks Prior to Collection:** Please finish any course of antibiotics, antiparasitics, antifungals, probiotic supplements, proton pump inhibitors (PPIs) and Bismuth, wait 2 weeks and then begin collection.

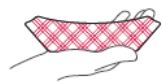
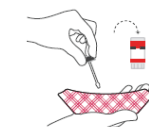

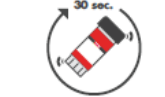
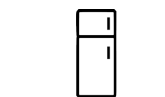
 **2 Days Prior to During Collection:** Please refrain from taking aspirin and other NSAIDs, digestive enzymes, laxatives (particularly mineral oil and castor oil), activated charcoal, betaine HCl, antacids or bentonite clay.

## DAY 1 COLLECTION

Use the contents of Day 1 Bag

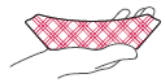

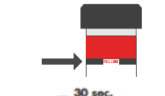


- Do not contaminate stool samples with urine or water from toilet
- Do not overfill vials
- Write your NAME, DOB and DATE COLLECTED on EVERY specimen vial.
- Make sure to use correct vials for each day of collection.

### VIAL 1 - BLACK TOP VIAL

-  1 Put on glove and collect stool into paper collection container supplied. If possible, void urine prior to collecting stool to avoid mixing it with the stool sample.
-  2 Remove the cap from the vial and using the attached spoon transfer stool specimen into the vial. Take multiple portions from different areas of the collection container.
-  3 Add enough stool until liquid reaches the **fill line**. **DO NOT OVERFILL**. Screw the cap on tightly.
-  4 Shake the vial vigorously for 30 seconds.
-  5 Place vial back into the Day 1 bag, return to cardboard box and place into refrigerator. **DO NOT FREEZE**.

## DAY 2 COLLECTION

Use the contents of Day 2 Bag

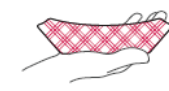



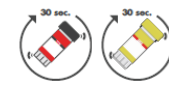
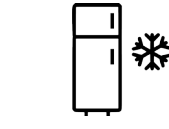
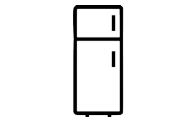
-  1 Put on glove and collect stool into paper collection container supplied. If possible, void urine prior to collecting stool to avoid mixing it with the stool sample.
-  2 Remove the cap from the vial and using the attached spoon transfer stool specimen into the vial. Take multiple portions from different areas of the collection container.
-  3 Add enough stool until clear liquid reaches the **fill line**. **DO NOT OVERFILL**. Screw the cap on tightly.
-  4 Shake the vial vigorously for 30 seconds.
-  5 Place vial back into the Day 2 bag, return to cardboard box and place into refrigerator. **DO NOT FREEZE**.

## DAY 3 COLLECTION

Use the contents of Day 3 Bags

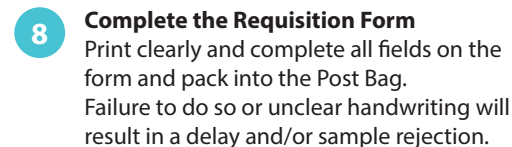
NOTE - You need to fill **ALL THREE** vials using the **SAME** sample.

### VIAL 3 - WHITE, BLACK AND YELLOW TOP VIALS

-  1 Put on glove and collect stool into paper collection container supplied. If possible, void urine prior to collecting stool to avoid mixing it with the stool sample.
-  2 Remove the caps from all three vials and using the attached spoon transfer stool specimen into each vial. Take multiple portions from different areas of the collection container.
-  3 Add enough stool until it reaches the **fill line** of each vial. **DO NOT OVERFILL**. Screw the caps back on tightly.
-  4 **Do not shake the White Topped Vial.**
-  5 Shake the Black Top and Yellow Top vials vigorously for 30 seconds.
-  6 Place **White Top** vial back into the Day 3 Separate Bag. Place the ice pack into the pouch on the back of this bag and place in the **FREEZER**. **(Freeze for a minimum of 6 hours.)**
-  7 Place **Black Top** and **Yellow Top** vials back into the Day 3 bag, return to cardboard box and place into refrigerator. **DO NOT FREEZE**.

**THERE WILL NOW BE 4 VIALS IN THE REFRIGERATOR AND 1 VIAL IN THE FREEZER.**



-  8 **Complete the Requisition Form** Print clearly and complete all fields on the form and pack into the Post Bag. Failure to do so or unclear handwriting will result in a delay and/or sample rejection.