

Complete Digestive Stool Analysis (CDSA)

Which Level Do I Choose?

Healthscope Functional Pathology has an extensive range of Complete Digestive Stool Analysis (CDSA) tests to provide the practitioner and patient with greater flexibility in assessing gastrointestinal function. The following information differentiates CDSA Levels 1, 2, 3, 4 and 5 to assist in choosing the most appropriate test.

CDSA Level 1

CDSA Level 1 is a comprehensive assessment of the microbiological environment of the gut. It includes Macroscopy, Microscopy, Bacteriology, Mycology (yeasts) and Parasitology. This test reports on pathogenic and imbalanced colonising organisms, as well as identifying the levels of beneficial flora. Choose this test when you suspect a gut infection or want to confirm/exclude dysbiosis. Turnaround time – seven (7) working days.

CDSA Level 2

CDSA Level 2 comprises all components of the CDSA Level 1 and also incorporates important biochemical markers including pancreatic function, absorption of fats, carbohydrates and protein, pH and Short Chain Fatty Acids. This test provides an excellent assessment of digestive function and is the appropriate choice for patients presenting with suboptimal gut function.

Turnaround time – ten (10) working days.

CDSA Level 3

CDSA Level 3 expands on the CDSA Level 2 with the addition of Sensitivity Testing. This means that when colonising bacteria or mycoses/yeasts are detected, they are tested against a panel of natural anti-microbial and prescription anti-fungal agents.

CDSA Levels 1-5

CDSA Tests	Bacteriology	Mycology (yeasts)	Parasitology	3 Day Parasitology	Short Chain Fatty Acids	Biochem.Markers (pancreatic elastase, valerate/isobutyrate)	Sensitivities (bacteria/yeasts)
CDSA Level 1	✓	✓	✓				
CDSA Level 2	✓	✓	✓		✓	✓	
CDSA Level 3	✓	✓	✓		✓	✓	✓
CDSA Level 4	✓	✓	✓	✓	✓	✓	✓
CDSA Level 5	✓	✓	✓	✓			✓

References

- Zierdt, LH. Blastocystis hominis—Past and Future. *Clinical Microbiology Reviews*, American Society for Microbiology, 1991, 4(1):61-79.
- Shery, H et al. *Clinical Parasitology, A Handbook for Medical Practitioners and Microbiologists*, Melbourne University Press, 2000.
- Galland, L. Barrie S. Intestinal Dysbiosis and the Causes of Disease (www.healthy.net/asp/templates/articl.asp?PageType=Article&ID423).

Sensitivity testing identifies the most effective anti-microbial/anti-fungal treatment to use, which allows for a more accurate and cost effective treatment for your patient.

Turnaround time – ten (10) working days.

CDSA Level 4

CDSA Level 4 encompasses all CDSA markers and is the most comprehensive stool test. It includes all the benefits of a CDSA Level 3 and also a 3 Day Parasitology. This test is indicated when a comprehensive gut assessment and parasitology screen is required.

Turnaround time – ten (10) working days.

CDSA Level 5

CDSA Level 5 includes Microscopy, Bacteriology, Mycology and a 3 Day Parasitology. This test reports on pathogenic and imbalanced colonising organisms, as well as beneficial flora over three consecutive days. Use this test when you suspect gut infection, parasitic infection or dysbiosis.

Turnaround time – ten (10) working days.

3 Day Parasitology

For practitioners wishing to screen for parasites only, a 3 Day Parasitology test is available. The literature indicates that testing over 3 consecutive days increases the likelihood of detection rates to 95%. Symptoms often associated with parasitic infection include acute watery diarrhoea, nausea, abdominal pain and cramps, fatigue and weight loss.

Parasites commonly detected include *Blastocystis hominis*, *Dientamoeba fragilis*, *Giardia lamblia*, *Endomilax nana* and *Entamoeba histolytica*. Any other parasites that are present will also be reported.

Turnaround time – ten (10) working days.