



Healthscope

FUNCTIONAL PATHOLOGY

formerly  **Functional Pathology**

Test Kit Instructions
Complete Digestive Stool Analysis (CDSA)
Levels 1/2/3
Stool Specimen Collection

Test Kit Information

You are about to do a Healthscope Functional Pathology Complete Digestive Stool Analysis (CDSA) test, designed so that you can collect specimens in the privacy of your own home. This test requires **one** stool specimen, divided into three containers.

Please follow the steps below in sequence. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents

- Clear plastic dish (for stool collection)
- Disposable gloves
- 1 container with a brown lid
- 1 container with a yellow lid
- 1 container with a green lid
- Blue towelling (to wrap specimen containers in)
- Clear plastic specimen bag
- Gloves
- Toll Priority Consignment note

If you do not understand the instructions or have a question regarding the contents of your test kit, please call Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm (EST).

Before Commencing the Test

- Familiarise yourself with the contents of the test kit
- Read all the information carefully until you understand the test requirements (procedure, specimen collection times etc)
- Completed tests must be **returned** to Healthscope Functional Pathology **only** on a **Monday, Tuesday or Wednesday**. This ensures they reach the laboratory before the close of business on Friday
- The day before your test is completed, phone the courier company **Toll Priority**, on 13 15 31 for a collection time (on Monday, Tuesday or

- Wednesday only). Keep a record of your consignment note number and job number (provided by Toll Priority)
- If you are currently taking **Antibiotics**, only proceed with this test two weeks **after** you have finished the course of antibiotic therapy

Preparation for the Test

- Follow your usual diet prior to collecting a stool specimen
- The stool specimen must be collected in the morning; otherwise the first movement of the day

Step 1 – Specimen Collection

Stop! Have you called Toll Priority before commencing this test?

Do **not** use any medication e.g. laxatives to help pass the stool specimen
Aim to collect your stool specimen in the **morning**

- Collect your morning stool in the **clear plastic dish** provided. If it is not possible to collect your stool specimen in the clear plastic dish, place cling wrap over the toilet bowl and pass the specimen onto this surface **Note: do not pass any urine onto the stool specimen container** as this will contaminate the stool and make the test invalid
- Take the container with the **brown lid**; there is a **scoop** attached to the lid. Using the scoop, take small samples **from different parts of the stool** and **half fill** this container **Note: be sure to include any portion of the stool containing blood or pus**
Put the brown lid back on the container and close **tightly**
- Take the container with the **yellow lid**; there is a **scoop** attached to the lid. Using the scoop, take small samples from **different parts** of the stool and fill this container to the **black arrow (3/4 full)**. Do not fill over the black arrow. **Note: if there is too much specimen, it will be rejected by the laboratory**
- Close the yellow lid **tightly**. **Shake vigorously** until the contents are well mixed or 'soup-like'
- Take the container with the **green lid** and repeat the same process as for the container with the yellow lid
Note: if any liquid (preservative) from the green or yellow-lid containers gets on your skin or eyes, flush with plenty of water. If irritation develops consult your practitioner
- Print your **name, date of birth** and **date** of collection on each container and keep them in a dry, dark, cool place away from food, **not in the refrigerator** until collected by **Toll Priority**

Step 2 – Returning Specimens to Healthscope Functional Pathology

- **Call Toll Priority on 13 15 31 *the day before* you require a pick up**
- Toll Priority will pick up from your home or office (during business hours). Book a pick up for a Monday, Tuesday or Wednesday so that your specimens are returned to Healthscope Functional Pathology by Friday
- Take the **three (3)** containers (check that your name and date of collection is written on each container) and wrap them in the **blue towelling** provided and put into the **sealed** section of the **clear plastic specimen bag**
- Put the **clear plastic specimen bag** into the **Healthscope Functional Pathology white cardboard box**. Close the box
- Print your name, address and daytime phone number in the address section on the consignment note. Sign the consignment note in the bottom right hand corner
- Peel the backing paper off the consignment note. Stick the consignment note onto the top and side of the Healthscope Functional Pathology white cardboard box so that the box is closed and sealed (tamper proof)
- Remember the collection day can only be on a Monday, Tuesday or Wednesday

Note: you do not have to pay Toll Priority for this service

Step 3 – Payment

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, enclose credit card details from Visa or MasterCard on the practitioner request form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

How to contact Healthscope Functional Pathology

Call Healthscope Functional Pathology on **1300 55 44 80** between the hours of 8.30am and 5.30pm (EST), or visit www.healthscopepathology.com.au