



Healthscope

FUNCTIONAL PATHOLOGY

formerly  **ARL Functional Pathology**

Test Kit Instructions Complete Digestive Stool Analysis (CDSA) Levels 4 & 5 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 **stool specimen collections on 3 consecutive days**.

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
- 3 containers with a yellow lid
- 1 container with a green lid
- Blue towelling (to wrap specimen containers in)
- Gloves
- Clear plastic specimen bag
- 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

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 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)

Preparation for the Test

- If you are currently taking **Antibiotics**, only proceed with this test two weeks **after** you have finished the course of antibiotic therapy
- Follow your usual diet for two days before collecting a stool specimen. Include the following foods where possible:
 - Meat or Fish or Poultry** (vegetarians and vegans, please follow your normal diet)
 - Vegetables** (raw & cooked)
 - Starch** (potato, rice, pasta)
 - Bread** (white, brown, whole grain or rye)
 - Butter/Oils**

NB: If you have specific dietary needs, e.g. wheat/dairy free, you do not have to include those foods.

Step 1 – Specimen Collection (over 3 consecutive days)

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 specimens in the **mornings**; otherwise the first movement of the day

If you can not pass a stool on 3 consecutive days, it is alright to collect them with a **maximum** of 5 days from the first collection day, making sure the specimens are sent back as soon as the final collection is completed.

Day 1

- Collect your morning stool (after your two day dietary preparation) in the **clear plastic dish** provided, or any **clean** container. If it is not possible to do this, place cling wrap over the toilet bowl and pass the specimen onto this surface **Note: do not pass any urine onto the stool specimen or in the same container** as this will contaminate the stool and make the test invalid
- Place the blue towelling onto a clean surface and then put on the gloves provided
Note: if any liquid (preservative) from any of the containers gets on your skin or in your eyes, flush with plenty of water. If irritation develops, consult your practitioner.
- Take a container with a **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'
- Print your **name** and the **date** of specimen collection on the container and keep it in a dry, dark, cool place away from food, **not in the refrigerator**, until collected by **Toll Priority**

Day 2

- Take a second container with a **yellow lid** and repeat the same steps as Day 1
- Print your name and the date of specimen collection on the container and keep it in a dry, dark, cool place, away from food, **not in the refrigerator**, until collected by Toll Priority

Day 3

- Take the container with the **green lid** and the third container with the **yellow lid** (last one) and repeat the same process as for days 1 and 2
- Take the container with the **brown lid** and using the scoop attached to the lid, **½ fill** this container with the stool specimen. Put the lid back on the container and close **tightly**
- Print your **name** and **date** on the container and store with the other 2 containers 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 **five (5)** containers (3 x yellow, 1 x green and 1x brown). Check that your name and date of collection is written on each container. 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.
- Stick the consignment note onto the top and side of the ARL Pathology white cardboard box so that the box is closed and sealed (tamper proof)

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 (AEST), or visit www.functionalpathology.com.au