

Welcome to your test kit

You have chosen to do a GI-MAP test from Nordic Laboratories, which will provide information to help you on your personal health journey.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on **+45 33 75 10 00** or email info@nordic-labs.com

Check your kit

In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

Shipping materials

- Box containing the collection kit **(a)**
(keep this box for returning your samples)
- Shipping Instruction & materials
- Personal Information Form **(b)**
- Padded envelope **(c)**
- Gel freezer pack **(d)**

Collection materials

- 1x Orange-capped vial **(e)**
- 1x Collection tray **(f)**
- 1x Resealable plastic bag with absorption pad (which must remain in the resealable plastic bag for shipping) **(g)**
- 1x Disposable glove **(h)**



If any items are missing or expired, please call **+44 (0)15 80 20 16 87** or email testkits@nordicgroup.eu (this is for kit queries only).

Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

When to schedule sample collection

This test is to be taken over the course of ONE day and it must be shipped within 24 hours. To ensure that it reaches our laboratory within this time frame, you must ONLY collect your sample on a Sunday or Monday (if you collect on a Sunday you must ship on Monday as the shipping company do not collect over the weekend). You may collect your sample any time during the day on either of these days.

Important

- Never discontinue prescription medications without consulting first your physician.
- Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Keep vials out of reach of children.

- Place the gel FREEZER pack into the FREEZER and ensure that it is completely frozen prior to shipping.

Specimen Collection Procedure

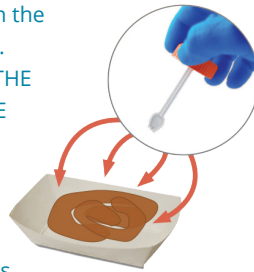
- 1 Write your full name, date and time of collection on the label attached to the orange-capped vial.



- 2 Put on the disposable glove. Collect your stool sample into the collection tray (DO NOT contaminate the sample with urine, menstrual blood or water from the toilet.)

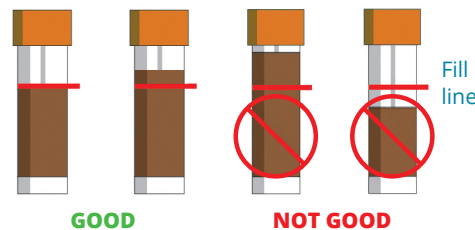


- 3 Unscrew the cap on the orange-capped vial. DO NOT DISCARD THE PINK LIQUID IN THE SPECIMEN VIAL. Use the spoon attached to the lid to transfer stool from different areas of the sample into the vial.



Important

Do not underfill or overfill. Make sure there is enough stool mixed with the liquid to reach the fill line or exceed it by only 5mm maximum. Failure to collect the correct amount may result in sample rejection. Screw the cap back on tightly.

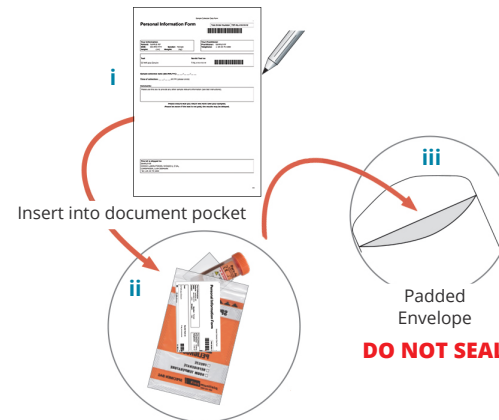


- 4 Shake the orange-capped vial vigorously for approximately 30 seconds to mix the stool with the preservative in the vial.



- 5 Place the orange-capped vial into the resealable plastic bag containing the absorption pad and seal.

- 6 Verify that your information on the Personal Information Form is correct and edit if needed (i). Complete sample collection date and time. Place your COMPLETED Personal Information Form into the document pocket on the resealable plastic bag (ii). Place the resealable plastic bag into the padded envelope but DO NOT seal (iii).



- 7 Place the padded envelope containing your specimen into the REFRIGERATOR until ready to ship. Do not freeze.

Shipping Preparation

When to schedule your shipment

- Ship your sample on the same day of collection (unless collecting on a Sunday as the shipping company do not collect on weekends).
- If you cannot ship your sample the same day you complete the collection, keep the padded envelope containing the orange-capped vial in the refrigerator and the gel freezer pack in the freezer **until you are ready to ship.**

Your sample must be shipped no later than ONE day after collection. Failure to do this may result in you having to re-collect.

- Aim for collection of sample that allows shipping on a Monday/Tuesday: shipments must be sent by Tuesday at the latest.

When you are ready to ship

- Prepare your shipment:
 - » Retrieve the padded envelope containing your sample from the refrigerator and place the frozen gel freezer pack into the resealable plastic bag with your sample (iv). Make sure your completed Personal Information Form is in the document pocket on the resealable plastic bag.
 - » Place the resealable plastic bag back into the padded envelope (v) and seal before putting into the supplied box (vi).
 - » Place the box in the return shipping bag and ship (see separate Shipping Instructions).

