



MOSAIC™
DIAGNOSTICS
Formerly Great Plains Laboratory

Your Body Has Something to Tell You

This is How We Listen

**Microbiology Test
Collection Kit Instructions**





A window into your inner world.

Modern medicine has become increasingly attentive to the impact of intestinal microorganisms on our wellbeing. Even the most mainstream practitioners recognize the role of friendly gut flora in allowing us to maintain a healthy life and the many different problems.

Samples must be shipped on a **Monday, Tuesday, or Wednesday**¹. If you complete the collection on the weekend, hold the specimen until Monday to ship.

¹Outside the US, the sample should be collected on Monday or Tuesday to allow extra time for shipping.

Test Kit Contents

Start by identifying these elements of your test kit.



Test Kit Box



Clear biohazard zip-lock bag



Yellow-top vial



Absorbent packing sheet



Collection tray



Shipping Laboratory Pak



Disposable gloves

Keep all kit components away from pets and children.

Be careful not to spill the preservative fluid in the vials and avoid contact with your skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact your practitioner immediately.

Before You Collect

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

If You Require a Laxative

If you have difficulty producing a stool sample you may use an oral phosphate soda, magnesium citrate, or psyllium fiber-based laxative 24 hours prior to your planned collection time. Enemas may be given using distilled water only. Do not use suppositories or mineral oil.

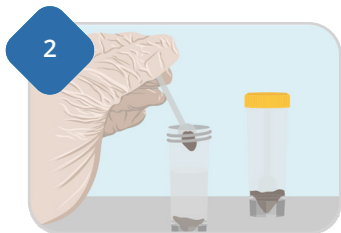
Please Refrain from Taking the Following:

- Digestive enzymes, antacids, and aspirin or other NSAIDS for two days prior to collection.
- Probiotic supplements for two weeks prior to collection.
- If you are taking antifungal or antibiotic medications, please finish the course of medication, and then wait three days before collecting.
- Do not collect samples while menstruating or if actively bleeding from hemorrhoids.

Let's Get Started



1 **Locate and complete the barcode sheet in your test kit.** Place a barcode sticker on the yellow-topped vial. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.



2 **Add bits of your specimen to the yellow-topped vial** using the spoon attached to the lid, taking pieces from different parts of the specimen until the combined sample and preservative reach the **fill line**.



3 **Seal the vial and shake vigorously for about 30 seconds.** Place in the refrigerator until ready to ship.

Dispose of remaining specimen and collection materials. Do not flush the tray.

Preparing the Package

Ensure each sample has the completed barcode sticker and that the name matches what was provided on the test order.

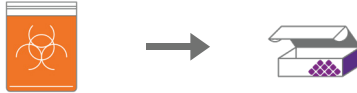
1 **Retrieve the packaging material you set aside.** Locate the clear biohazard zip-lock bag, the collected samples, and the absorbent packing sheet.

2 **Place the yellow-topped vial** into the clear biohazard zip-lock bag. Add the absorbent packing sheet, seal using the zip-lock feature.



3

Place the sealed biohazard zip-lock bag into the Test Kit Box.



4

If using the Test Requisition Form, also place in Test Kit Box.

Close the lid. Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).

What's Next?

Your test results will be delivered to your doctor or health advisor generally within 2-3 weeks after being received at Mosaic Diagnostics.

It will be up to your doctor or practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com