



MOSAIC™
DIAGNOSTICS
Formerly Great Plains Laboratory

Your Body Has Something to Tell You

This is How We Listen

**Comprehensive Stool Analysis
with Parasitology
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 that can be traced to pathogenic yeast, parasites, and bacteria.

As a result, microbiome analysis has become a core analytical tool among functional medicine practitioners for addressing a host of intractable chronic illnesses and neurological dysfunctions from “brain fog” to behavior problems and learning difficulties.

The right tool for the job.

If you find the idea of taking a stool sample unappealing, you are not alone. Your doctor is asking you to do this because a stool sample remains the most efficient and thorough method for assessing your GI microbiome as well as evaluating overall intestinal health, immune function, and inflammation markers.

Did we mention that you will have to collect samples on two consecutive days? Trust us that it will be quicker and easier than you expect, and we will guide you through the process step-by-step to keep it as simple and successful as possible. Let's get started on the next page.

Test Kit Contents

Start by identifying these ten elements of your test kit.



Test Kit Box



Ice pack



*Yellow-top vial
2 Black-top vials
White-top vial*



*Clear biohazard
zip-lock bag*



Collection tray



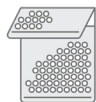
*Absorbent packing
sheet*



Disposable gloves



*Shipping
Laboratory Pak*



Silver thermo bag



*Test Requisition
Form*

Preparing For Your Test

1

Locate the following items in your collection kit, including vials, gloves, and collection trays. Place these items in the bathroom where you plan to collect your samples.

2

Place the ice pack flat in the freezer. Put all other kit contents in a safe place to use for returning the sample.

3

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.

Do Not Complete this Test if You are Taking the Following Drugs

Allow two weeks after taking:

- *Antibiotics*
- *Antiparasitics*
- *Antifungals*
- *Probiotic supplements*
- *Proton pump inhibitors (PPI)*
- *Bismuth*

Allow 48 hours after taking:

- *Aspirin or other NSAIDS*
- *Digestive enzymes*
- *Mineral oil, castor oil, or glycerin based laxatives, enemas, or suppositories*
- *More than 250 mg daily of vitamin C*
- *Iron supplements*
- *Activated charcoal*
- *Bentonite clay*
- *Betaine HCl*
- *Antacids*

- Wait at least 4 weeks following a colonoscopy or barium enema.
- Do not collect samples while menstruating or if actively bleeding from hemorrhoids.
- If you have questions about any of the medicines or supplements listed above, please contact the prescribing physician.

Plan Your Collection

Samples need to be collected on two different days at least 12 hours apart and must be shipped within five days of the second collection on a **Monday, Tuesday, or Wednesday**¹. We recommend starting the first collection on the weekend to make it easier to keep to this schedule.

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.

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

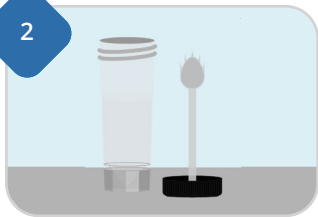
Let's Get Started – Collection Day 1

1



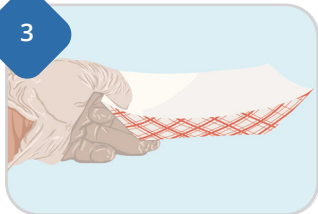
Locate and complete the barcode sheet in your test kit. Place barcode sticker to one of the black-topped vials. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.

2

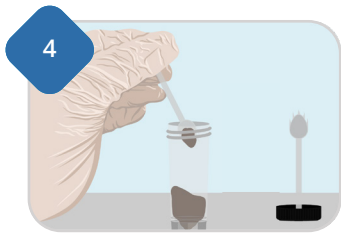


Open one of the black-topped vials and set aside on a stable surface where you will be able to access once you have obtained your sample. Do not spill or touch the liquid inside.

3



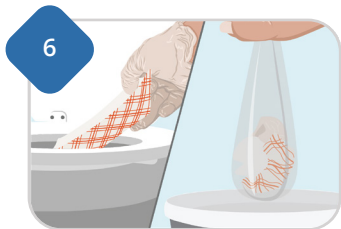
Put on a glove and gather your specimen in one of the collection trays. Do not allow urine or water to touch sample.



Add bits of the sample to the black-topped vial using the spoon attached to the lid, taking pieces from different parts of the specimen until it reaches the **fill line**.



Seal the black-topped 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.

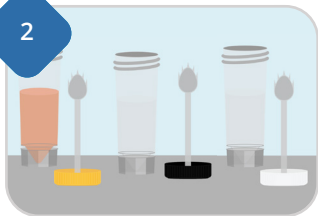
Collection Day 2

1



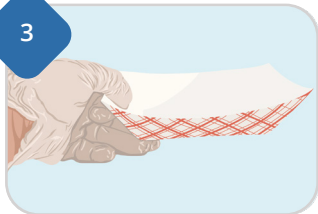
Locate and complete the barcode sheet in your test kit. Place one barcode sticker to each of the three remaining vials. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.

2



Open the three remaining vials (black, yellow and white) and set them all on a stable surface where you will be able to access them after gathering your sample. Do not spill or touch the liquid inside.

3



Put on a glove and gather your specimen in one of the collection trays. Do not allow urine or water to touch sample.

4



Add bits of your sample to the white-topped vial using the spoon attached to the lid, taking pieces from different parts of the specimen until it reaches the **fill line**.

5



Seal the white-topped vial and place in freezer for a minimum of 6 hours. This vial does not contain a preservative, and does not need to be shaken.

6



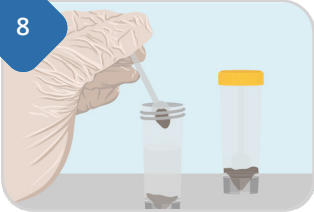
Add bits of the sample to the black-topped vial using the spoon attached to the lid, taking pieces from different parts of the specimen until it reaches the **fill line**.

7



Seal the black-topped vial and shake vigorously for about 30 seconds. Place in the refrigerator until ready to ship.

8



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**.

9



Seal the yellow-topped 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.

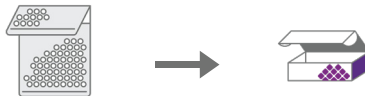
1 **Retrieve the packaging material you set aside.** Locate the clear biohazard zip-lock bag, silver thermo bag, all collected samples, the ice pack and the absorbent packing sheet.

2 **Place the frozen white-topped vial and frozen ice pack into the silver thermo bag.**



3

Seal the silver thermo bag and place in the Test Kit Box.



4

Place the yellow-topped vial and both black-topped vials into the plastic biohazard bag. Add the absorbent packing sheet, seal using the zip lock feature.



5

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



6

If using the Test Requisition Form, also place in 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