

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

For online instructions
use the QR code or visit
mosaicdx.com/instructions



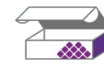
Collection Instructions: GI360™ Essentials Profile

Your practitioner requested that you perform this test because a stool sample remains the most efficient and thorough method for assessing your GI microbiome as well as evaluating overall gut health and inflammation markers. Mosaic Diagnostics is here to help you take this next step.

Test Kit Contents

Start by identifying these elements of your test kit.

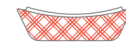
If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit
box



Disposable
gloves



3 Collection trays



Clear
biohazard
zip-lock
bag



Shipping
laboratory pak



1 yellow top
3 black top vials

Check vials for expiration dates



Absorbent
packing sheet

Precaution: Keep the kit contents out of the reach of children and pets. Do not spill preservative fluid in the vial(s) and avoid contact with skin or eyes. For eye contact flush with water thoroughly for 15 minutes. For skin contact wash thoroughly with soap and water. For accidental ingestion contact poison control immediately. www.mosaicdx.com/sds

Before You Start:

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.

DISCONTINUE THE FOLLOWING

2 weeks before test	Antibiotics, antiparasitics, antifungals, or probiotic supplements, proton pump inhibitors (PPIs) and Bismuth
2 days before test	Aspirin and other NSAIDs, digestive enzymes, laxatives (particularly mineral oil, castor oil, and glycerin enemas/suppositories), activated charcoal, betaine HCl, antacids and bentonite clay



Let's Get Started

It is preferable but not required to collect on consecutive days. However, the final sample must be collected within seven days of the first sample.

Vials	Day 1	Day 2	Day 3	After Collection
Black Tops (3)	✓	✓	✓	Shake vial vigorously for approximately 30 seconds. Store in refrigerator before shipping. Do not freeze.
Yellow Top (1)			✓	

A 3-day stool collection can improve the reliability of parasite testing and is recommended by the Centers for Disease Control (CDC). If you opt for a 1-day collection, use only the Day 3 vials. Discard the Day 1 and Day 2 vials.

1

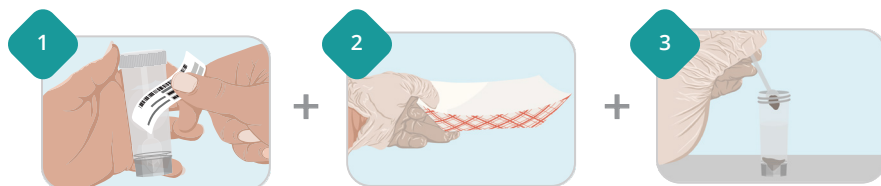
Complete the information on the barcode stickers AND the vials by writing the patient name, date of birth, and collection date. Place the barcode stickers on the vials, ensuring information written on the vials is visible. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

2

Put on a glove and collect stool sample in collection tray. Do not allow urine or water to touch the sample.

3

Using the spoon attached to the vial lid, take multiple samples from different areas of the specimen and add them to the vial. Ensure the specimens reach the fill line. Tighten cap completely.



Preparing the Package

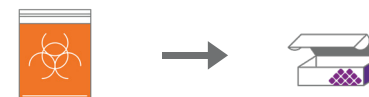
1

Ensure the vials are labeled and tightly sealed. Place the yellow-top and black-top vials into the plastic biohazard bag. Add the absorbent packing sheet and seal.



2

Place the sealed biohazard zip-lock bag into the test kit box.



3

Place the test kit box in the shipping laboratory pak.



Locate the shipping instruction card for details on how to ship.

Samples must be shipped on a **Monday, Tuesday, or Wednesday** (outside the US, Monday or Tuesday). If you collect on the weekend, hold until Monday to ship.

Your test results will be delivered to your healthcare practitioner within 2-3 weeks after being received at Mosaic Diagnostics.

It will be up to your healthcare 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. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.