

## COMPREHENSIVE STOOL ANALYSIS-DD Test Preparation

### Step 1- Patient Preparation

1. Schedule Your Pre-Lab Consult and receive the at home test kit with directions.
2. Please read all of the directions, and familiarize yourself with the collection procedures.
3. **4 Weeks Prior: Food Intolerances:** Consume your normal menu including dietary fat (to properly assess fat absorption). If you have been avoiding any food intolerances discuss with your practitioner if a return to consumption of these foods is indicated for proper test results.
4. **2 Weeks Prior: Probiotic Supplements:** Discontinue use unless otherwise instructed by your physician
5. **3 Days Prior: Anti-fungal or Antibiotic Medication:** Finish the course of medication and then wait 3 days before starting this test.
6. **2 Days Prior: Digestive Enzymes, Laxatives, Antacids, Aspirin & Barium or Bismuth containing medications:** Discontinue use for 2 days prior to testing.
7. Never discontinue prescription medications or natural remedies that would make you feel unwell without first consulting your physician.

### Step 2- The Comprehensive Stool Analysis Test.

- Please follow the instructions provided in your test kit.

### Step 3- Shipping

1. Next follow the directions to ship the test kit to the lab. Ship Monday – Wednesday for best results. Keep a record of the shipping number and email it to the clinic so that we can track your test results.

**Note-** Please refer to test kit and if any variation exists between the information here and your test kit, follow your test kit instructions. Additional information is provided in the test kits regarding preparation, collection and medications, circumstances, medical conditions, supplements, etc. that may affect the results of the test.

**Test results** are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable.

If you have any questions: 613-829-7100 or [info@revivelif.ca](mailto:info@revivelif.ca)