

## MICROBIOME – GI MAP STOOL TEST

### Patient Preparation

The GI MAP stool test is a powerful tool we use to analyze your microbiome, digestive function and inflammation in the gut. All health can be said to begin in the gut. When digestion is dysfunctional, all kinds of health issues arise from skin conditions to autoimmune to joint pain, malnourishment, bloating and gas. With this incredible stool analysis, we can gain a clear picture of what's going on in your gut and how to balance it. Please read these detailed instructions carefully before proceeding:

The instructions for collection are included in the kit and in a video

here: <https://www.diagnosticsolutionslab.com/sites/default/files/Stool-Collection-Instructions.pdf>

#### Step 1 – Patient Preparation | General Guidance:

- Continue all **required prescription medications** unless otherwise directed by your physician.
- **Do not take the test while on antibiotics.** If you are currently on antibiotics, complete the course, then wait **4–6 weeks** before collecting your sample.
- Please **document all recent or current medication and supplement use** for accurate interpretation of results.

#### 2 Weeks Prior to Collection:

##### Stop taking:

1. Spore-forming and soil-based probiotics
2. Anti-parasitic, anti-fungal, and antibacterial agents (non-prescription)
3. NSAIDs (e.g., Advil, ibuprofen, naproxen)

#### 2–3 Days Prior to Collection:

- **Stop taking:** Digestive support supplements (e.g., Betaine HCl, enzymes, gut-healing formulas, general probiotics)
- **Avoid:** Aspirin for at least 2 days before beginning collection

#### Medications & Their Effects

- **Antibiotics: Alter microbiome composition. Wait 4–6 weeks after completing before testing.**
- **Immune suppressants/oral steroids: May lower Secretory IgA, Anti-gliadin, and calprotectin results. Wait 4–6 weeks after finishing before testing.**

#### **DIETARY considerations before testing:**

1. MUST EAT 70-100 grams of fat each day for three (3) days in a row before collection. Practically speaking, this is about  $\frac{3}{4}$  of a can of full fat coconut cream (1 can is about 117 grams fat). Or about 6-9 TBLS olive oil, 1.5 avocado, 3 small handfuls of nuts. Another combo for the days is: 2 TBLS coconut oil 2 TBLS olive oil,  $\frac{1}{4}$  cup olives,  $\frac{1}{4}$  cup nuts,  $\frac{1}{2}$  avocado.
2. If you plan to test for gluten sensitivity, you must eat at least 3 servings of gluten grains the week before the collection. For those who already know they are sensitive, this is not recommended. If you are currently avoiding gluten, it is recommended to continue to do so.

#### **OTHER CONSIDERATIONS**

1. For women: do not collect your sample while menstruating as blood is a contaminant that will void the test.
2. You can drink Senna tea (Smooth Move) or take oral Dulcolax or Fleet for help with bowel movements if needed.

#### **Step 2 – Microbiome Stool Test**

1. It is best to collect stool during the weekend and then have Purolator courier pick it up on Monday or Tuesday. That ensures the sample arrives to the lab without wait time. **The instructions on how to arrange courier pick up will be in the kit.**
2. Before collection, make sure to read the collection instructions included in the kit.
3. Write your name and date of birth on the sample vial
4. If possible void urine prior to collecting the stool sample. Collect stool by passing stool onto the collection tray. You may find it easier to lay strips of toilet paper on top of the water in the toilet bowl and then place the collection tray on top.
5. Using the spoon attached to the cap of the specimen vial, spoon stool from different areas of the sample into the specimen vial. Add sample to the "Fill Line" indicated on the vial label. Failure to add sufficient sample may result in the laboratory from performing requested testing. **DO NOT DISCARD THE PINK LIQUID IN THE SPECIMEN VIAL**
6. Carefully mix stool and pink fluid with the spoon. Replace cap tightly and shake vial vigorously for 30 seconds.
7. Place the filled sample vial into specimen bag along with absorbent pad. Seal the bag. Place the specimen bag with the sample vial into the kit box.
8. Fill out the Test Request Form completely. BE sure to write the date of sample collection in the Patient section of the form. The payment is made to the clinic prior to receiving the test kit. The clinic will pay the testing lab directly. Place Test Request Form into the document holder of the specimen bag. Place the specimen bag with the collected sample and the completed test request form in the white cardboard box. If the sample cannot be shipped the sample day of collection, refrigerate.

Information Courtesy of Diagnostic Solutions

#### **Step 3 – Shipping**

1. Next follow the directions to ship the test kit to the lab.
2. You will find a prepaid Purolator sticker inside the kit to mail to mail the specimen to the lab.
3. Ship Monday or Tuesday for best results. Don't mail test kit on a Saturday. DO NOT SHIP OVER HOLIDAYS - Labs close for holidays. Check with me on lab schedules if you are doing a test around a holiday.
4. 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@revivelife.ca](mailto:info@revivelife.ca)