

Patient Guide – GI Map Test (Digestion)

The GI-MAP stool test provides a detailed look at your microbiome, digestive function, and gut inflammation. Because gut health influences everything from immunity to skin, mood, and nutrient absorption, this test helps your healthcare team understand what's happening internally and how to restore balance. <https://revivelifelifeclinic.com/integrative-lab-testing/digestion-testing/>

Please read the following instructions carefully before collecting your sample.

Step 1 – Patient Preparation

General Guidance

- Continue all required prescription medications unless your physician advises otherwise.
- Do **not** collect your sample while taking antibiotics. After finishing antibiotics, wait **4–6 weeks** before testing.
- Document all recent or current medications and supplements for accurate interpretation.

Two Weeks Before Collection – Stop Taking

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

2–3 Days Before Collection – Stop Taking

- Digestive support supplements (Betaine HCl, enzymes, gut-healing formulas, general probiotics)
- Avoid aspirin for at least 2 days before collection

Medication Effects

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

Dietary Requirements

1. **Eat 70–100 g of fat daily for 3 days before collection.** Examples:
 - a. $\frac{3}{4}$ can full-fat coconut cream
 - b. 6–9 tbsp olive oil
 - c. 1.5 avocados
 - d. 3 small handfuls of nuts
 - e. OR a combination such as: 2 tbsp coconut oil, 2 tbsp olive oil, $\frac{1}{4}$ cup olives, $\frac{1}{4}$ cup nuts, $\frac{1}{2}$ avocado
2. **Gluten sensitivity testing:**
 - a. If testing for gluten sensitivity, consume **3 servings of gluten grains daily for 1 week** before collection.
 - b. If you already avoid gluten due to sensitivity, continue avoiding it.

Other Considerations

- Women should **not** collect during menstruation (blood contamination voids the test).
- If needed, you may use Senna tea (Smooth Move), oral Dulcolax, or Fleet to support bowel movements.

Step 2 – Collecting Your Stool Sample

1. Collect your sample on a **weekend**, then arrange Purolator pickup for **Monday or Tuesday** to avoid delays.
2. Review the collection instructions included in your kit before starting.
3. Write your **name and date of birth** on the sample vial.
4. If possible, void urine first. Collect stool using the collection tray.
 - a. Tip: Place strips of toilet paper on the water surface and rest the tray on top.
5. Using the spoon attached to the vial cap, collect stool from **multiple areas** of the sample.
 - a. Fill to the “**Fill Line**” on the vial.
 - b. **Do not discard the pink liquid** inside the vial.
6. Mix stool with the pink liquid using the spoon, cap tightly, and shake vigorously for **30 seconds**.
7. Place the vial into the specimen bag with the absorbent pad. Seal the bag and place it into the kit box.
8. Complete the **Test Request Form**, including the date of collection.
 - a. Payment is made to the clinic before receiving the kit; the clinic pays the lab directly.
 - b. Place the form in the document holder inside the specimen bag.
9. If you cannot ship the same day, **refrigerate** the sample.

Information Courtesy of Diagnostic Solutions

Step 3 – Shipping

1. Follow the kit instructions to ship your sample to the lab.
2. Use the **prepaid Purolator label** included in the kit.
3. Ship on **Monday or Tuesday**.
 - a. Do **not** ship on Saturdays or over holidays.

- b. If testing near a holiday, confirm lab schedules with the clinic.
4. Record your tracking number and email it to the clinic so we can monitor your results.

Important Notes

- If any instructions differ from your test kit, **follow the test kit instructions**.
- Kits include additional details about medications, supplements, and health conditions that may affect results.
- Results are typically available **2 weeks** after the lab receives your sample.
- Please schedule a follow-up appointment to review your results and integrate them into your care plan. [You may click here to book online.](#)

Insurance & OHIP

- This test is **not covered by OHIP**.
- Payment is required at the clinic. You may submit your receipt to your private or employment health plan for possible reimbursement.

Questions or Support

We're here to guide you through the process. You may email info@revivelifecanada.ca or call us **613-829-7100** if you have any questions or concerns