



## Welcome To Your Test Kit

You have chosen to do a GI Map Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. **Please read the instructions carefully and follow them step by step.** Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Padded envelope
- Shipping materials

### Collection Materials

- 1 x Orange-capped vial
- 1 x Collection tray
- 1 x Resealable plastic bag with an absorption pad
- 1 x Disposable glove

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)



Nygade 6, 3.sal • 1164 Copenhagen K • Denmark • Tlf: +45 33 75 10 00

[info@nordic-labs.com](mailto:info@nordic-labs.com) • [www.nordic-labs.com](http://www.nordic-labs.com)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### When to schedule collection

- This test is to be taken over the course of ONE day and it must be shipped back within 24 hours. The GI Map has a short stability time. To ensure that it reaches our laboratory in time, you must ONLY collect your sample on a Sunday or Monday (If you collect on a Sunday you must ship on Monday as the shipping company do not collect over the weekend). You may collect your sample any time during the day on either of these days.

### If you are taking medication or supplements

- Please refrain from taking aspirin for two days prior to collecting your sample.

### Important

- Never discontinue prescription medications without consulting first your physician.
- Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Keep vials out of reach of children.

## Collection Procedure



### Step 1:

Write your full name, date and time of collection on the label attached to the orange-capped vial.



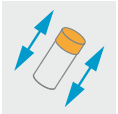
### Step 2:

Put on the disposable glove. Collect your stool sample into the collection tray (DO NOT contaminate the sample with urine, menstrual blood or water from the toilet).



### Step 3:

Unscrew the cap on the orange-capped vial. Use the spoon attached to the lid to transfer stool from different areas of the sample into the vial. Make sure there is enough stool mixed with the liquid to **exceed** the fill line (**it must not be below the exceed line**). Screw the cap back on tightly.



### Step 4:

Shake the orange-capped vial vigorously for approximately 30 seconds to mix the stool with the preservative in the vial.



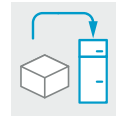
### Step 5:

Record the stool consistency on the side of the vial (refer to the stool consistency key).



### Step 6:

Place the orange-capped vial into the resealable plastic bag and seal. Place the bag into the padded envelope, then place the envelope into the refrigerator.



### Step 7:

Leave the padded envelope in the refrigerator until ready to ship.

## Stool Consistency Key:



Hard/constipated



Formed/normal



Loose stool



Watery/diarrhea

## Shipping Preparation

### When to schedule your shipment

- Ship your sample on the same day of collection (unless collecting on a Sunday as the shipping company do not collect on weekends). If you cannot ship your sample the same day you complete the collection, keep the padded envelope containing the orange-capped vial in the refrigerator until you are ready to ship. Do not store for more than ONE day. Your sample must be shipped to us within 24 hours. Failure to do this may result in you have to recollect.
- You must only ship to us on a Monday or Tuesday. If you are not able to arrange a collection for Monday then you may ship on Tuesday, but no later.

### When you are ready to ship

- Ensure that the following information is provided:
  - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
  - Retrieve the padded envelope containing your sample from the refrigerator and place into the supplied box.
  - Place your completed Personal Information Form into the box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).