

# GENOVA CDSA



***Please read the instructions thoroughly provided with this kit. Check the contents of your kit and call our office or the lab if anything is missing or damaged.***

- This is a stool collection kit intended to take place over the course of 3 days however if your bowel movements are irregular simply collect three specimens on three different days. It's okay if it takes more than 3 days total.
- It is recommended that the samples be shipped early in the week so that it reaches North Carolina before the weekend. Because of this timetable, it is best to begin collection on a Friday or Saturday so that sample collection is completed early in the week.
- For most accurate results it is necessary that you use a laxative for the first day of collection. Doing so provides a specimen from deep within the small intestine which is where small intestinal bacterial overgrowth (SIBO) occurs. Below is a list of over-the-counter laxatives which Dr. Holland recommends:

\***Magnesium Citrate**- Often the drug store will have a generic brand.

\***Milk of Magnesia**

\***Sodium Phosphate** - "Fleet Phosphate Soda"

\***Magnesium Sulphate**

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- The kit recommends fasting from any antibiotics, probiotics, or any other supplements that directly influence the intestines for two weeks before beginning the kit. However, if taking two weeks off is too difficult for you, Dr. Holland recommends taking off a minimum of **four** days prior to collection. Please inform Dr. Holland before reviewing kit results so he can take that into account in his interpretation of the results.
- It is okay to take Tylenol and vitamins prior to collection.
- ID# is not required on the vial.
- Dr. Holland recommends refrigeration of the sample until shipping to ensure preservation of sample quality.
- Please be sure to complete the requisition form thoroughly and include a copy of your Medicare card if applicable.

**Ensure that the requisition and all accompanying paperwork are filled out and placed in the package before sealing.**

