



Welcome To Your Test Kit

You have chosen to do a Calprotectin Stool 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.

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 Gel freezer pack
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document

Stool Collection Materials

- 1 x Resealable plastic bag
- 1 x Disposable glove
- 1 x Sample collection tray
- 1 x White-capped vial
- 1 x Absorption pad

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

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 your collection

- The stool sample for this test must be collected on one day.

If you are taking medication or supplements

- If you are taking antifungal or antibiotic medications, please finish the course of medication, and then wait three days before starting this collection.
- Please refrain from taking digestive enzymes, antacids, and aspirin for two days prior to and during the sample collection, unless otherwise instructed by your physician.
- Never discontinue prescription medications without first consulting your physician

Collection Procedure

Collection Instructions



Step 1:

Write your name, date of collection and date of birth on label attached to the white-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 white-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 to reach but not exceed the fill line). Screw the cap back on tightly.



Step 4:

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



Step 5:

Place the white-capped vial and the gel freezer pack into the padded envelope and freeze 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 as soon as possible. If you cannot ship the sample the same day you complete the collection, such as over a weekend or holiday, keep the white-capped vial and gel freezer pack in the freezer until you are ready to ship. DO NOT store for more than three days.
- Schedule your shipment so that your sample arrive at the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
 - Retrieve the padded envelope containing the white-capped vial and gel freezer pack from the freezer. Place them into the supplied box, along with the completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).