



### US FedEx Shipping Instructions:

- 1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.
- 2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pack in the space provided.
- 3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

**Do not use a drop box.** FedEx will not accept specimens placed into a drop box.

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052  
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860  
3755 Illinois Avenue, St. Charles, IL USA 60174-2420  
inquiries@doctorsdata.com - www.doctorsdata.com

### Yeast Culture

#### Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures. 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 specimen collection, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

#### Verify Kit Contents:

- 1 Test requisition form
- 1 Collection container
- 1 Yellow-capped vial
- 1 Disposable glove
- 1 Zip-lock bag with absorbent material
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.

**Caution:** 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 your physician immediately.

### Collection Instructions:



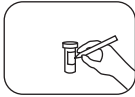
**1)** Collect your first stool specimen into the collection container. *DO NOT contaminate the specimen with either urine or water from the toilet.*



**2)** Unscrew the cap on the yellow-capped vial and, using the attached spoon, transport stool specimen into the vial. Take multiple portions from different areas of the collection container. Fill the vial to the fill line (approximately half full). **DO NOT OVERFILL.** Screw the cap on *tightly*.



**3)** Shake the yellow-capped vial vigorously for approximately 30 seconds to mix the stool specimen with the preservative in the vial.



**4)** Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. (You do not have to provide an ID#. The lab will assign one upon arrival). ***The test cannot be performed without the patient information on the vial.***



**5)** Place the yellow-capped vial in the zip-lock bag, then place the bag into the cardboard shipping box.



**6)** Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping the specimen as soon as possible. If you cannot ship the specimen the same day you finish the collection, such as over a weekend or holiday, place the cardboard box containing the yellow-capped vial into a refrigerator until you are ready to ship the test collection kit.

**Consult your physician if you have any questions during the test collection process.**