

GET SET TO TEST!

Sample Collection Prep

Plan ahead so you can collect as soon as your kits arrive.

1 STOOL / GI-MAP

These are preparation insights - not the full collection instructions.

CLICK HERE: Full GI-MAP instructions

2 WEEKS BEFORE

Ideally stop spore/soil-based probiotics, antiparasitic, antifungal and antibacterial agents, plus antibiotics - only when medically appropriate. If prescribed antibiotics are required, finish them and wait 2 weeks before collecting.

2-3 DAYS BEFORE

Pause betaine HCl, digestive enzymes, gut-healing formulas and general probiotics.

COLLECTION DAY

Do not collect while menstruating. Keep urine and toilet water out of the sample.

MEDICATION NOTE

Continue required prescriptions unless your prescriber directs otherwise. If medically appropriate, avoid NSAIDs for 2 weeks. Advil/Motrin, Aleve and aspirin are NSAIDs; Tylenol is not. Do NOT take test if currently taking antibiotics - contact us to help guide your testing time-line.

2 ORGANIC ACIDS

These are preparation insights - not the full collection instructions.

CLICK HERE: Full Organic Acids instructions

48 HOURS BEFORE

Avoid apples/apple juice, grapes/raisins/ grape juice, pears/pear juice, cranberries/ cranberry juice, echinacea, reishi mushroom, arabinogalactan and ribose supplements.

2 DAYS BEFORE

Pause probiotics. After finishing prescribed antibiotics, wait at least 48 hours before collecting unless your clinician advises otherwise.

COLLECTION MORNING

Do not collect while menstruating. Collect first-morning urine before food or drink. Follow the kit instructions for freezing and shipping.

SET UP TONIGHT

Keep the requisition, collection cup, shipping materials and enough freezer space ready.

3 WHEAT & FOOD ZOOMERS

These are preparation insights - not the full collection instructions.

CLICK HERE: Full Wheat Zoomer instructions

BEFORE THE DRAW

Do not fast. Continue your normal diet for several days unless your clinician advises otherwise.

ALREADY GLUTEN-FREE?

Do not deliberately reintroduce gluten without clinician guidance - especially with diagnosed/suspected celiac disease or a history of severe reactions.

CONTACT US FIRST

Reach out if taking steroids, immunosuppressants, or immune-modulating medications or supplements. Do not stop prescribed therapy on your own.

AT HOME COLLECTION

This is an at home finger prick test. You can collect at any time. It is suggested to be well hydrated.

4 HTMA

These are preparation insights - not the full collection instructions.

FULL INSTRUCTIONS: Will be included in your kit

HAIR COLOR

Recently dyed your hair - wait a minimum of 3 weeks before collection or make sure hair has been washed at least 8-10 times. Ideally wait until the root has grown out and the hair sample is only untreated hair.

SHAMPOO

If you use Head & Shoulders, Selsun Blue, or other anti-dandruff shampoo, discontinue for 2 weeks prior to collection.

AVOID POOLS

Please avoid the use of pools for at least one week prior to collection.



5 DUTCH COMPLETE

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This is a complex test with a lot of nuances. Test must be taken at a specific time if you are a cycling female. Reach out to your provider to find the right time. Visit the full instructions to plan ahead, [here](#).

IMPORTANT: THIS PAGE HELPS YOU PREP - IT DOES NOT REPLACE THE FULL INSTRUCTIONS IN YOUR KIT.

Do not stop prescription medication or medically necessary treatment without approval from the prescribing clinician. If your kit directions differ from this overview, follow the kit and contact us with questions.