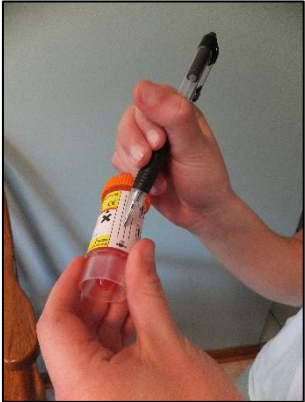


GI Effects, Step-by-Step



1. Label all of the vials you will be using. Put on your latex gloves.



2. Collect your stool in the provided receptacle. Do not collect it from the toilet. Record your stool consistency on the label of the vial you are filling..



3. Transfer the stool into the provided green-top tube. Collect from different areas of the specimen. Mix it with the liquid in the tube until it is as smooth as possible. **DO NOT OVERFILL.** Screw the cap back on and shake for 30 seconds. Refrigerate in the biohazard bag. On day 2, repeat with the second green-top tube. Place in the refrigerator in the bag.



4. On day 3, repeat the procedure outlined above with the green-top tube, orange-top tube and pink-top tube. You will also need to fill the white-top cup. **DO NOT OVERFILL.**



5. Place all of the vials in the biohazard bag and refrigerate.



6. When you are ready to ship, remove the vials from the refrigerator and place them in the kit box. Place the box in the Fed Ex envelope and follow shipping directions.

Reminders for the GI Effects Test:

- This test should be taken at least **FOUR WEEKS** after discontinuing herbal or regular antibiotics.
- Probiotics should be paused for **THREE DAYS** before the test.
- Aspirin and other NSAIDS, activated charcoal, bismuth, digestive enzymes, antacids, laxatives, mineral oil and castor oil should be discontinued **TWO DAYS** before the test.

If you receive a bill from Genova, **DO NOT PAY!** Call us first. The test results take about six weeks to arrive. If you have any questions, call us here at (440)338-6344.

*Almonds were used for demonstration purposes.