

TEST PREP:

Important Prep Before Taking the Test

Certain medications, supplements, and/or foods may impact test results. Please note that the reference ranges were established based on patients who were taking no medications or supplements. In some instances it is unknown what potential impact a medication may have on test results.

Please consult with your healthcare provider before stopping any prescription or over-the-counter medications or dietary supplements. Genova never recommends that patients discontinue medically necessary medications or supplements in order to complete testing.

There may be times when your healthcare provider prefers that you stay on a medication or dietary supplement during testing in order to evaluate its effectiveness

Use a calendar to plan for sample collection

Do not collect samples while experiencing active bleeding from hemorrhoids or menstruation.

4 weeks before the test

Wait at least 4 weeks from colonoscopy or barium enema before beginning the test.

2-4 weeks before the test

If taking antibiotics, antiparasitics, antifungals, or probiotic supplements (acidophilus, etc.), it is recommended that you wait a minimum of 14 days after your last dose before beginning the test; 28 days may be preferred after antibiotics have been utilized.

14 days before the test

For *H. pylori* add-on testing, discontinuation of PPIs, antibiotics, and bismuth for 14 days is recommended.

2 days before the test

The following substances should be discontinued 2 days prior unless directed otherwise by your physician: aspirin and other NSAIDs (i.e. ibuprofen), rectal suppositories, enemas, activated

charcoal, bismuth, betaine HCl, digestive enzymes, antacids, laxatives, mineral oil, castor oil, and bentonite clay.

Day 1 of the test

If you are completing the 1-Day test: Follow the collection instructions and place samples in the **GREEN-TOP**, **ORANGE-TOP**, **PINK-TOP**, and **CLEAR-TOP TUBES**. Perform the swab collection and place in the **SWAB TUBE**. Refrigerate until ready to ship.

If you are completing the 3-Day test: Follow the collection instructions and place sample in (1) **GREEN-TOP TUBE** only. Refrigerate until ready to ship.

Day 2 of the test

If you are completing the 3-Day test: Follow the collection instructions and place sample in (1) **GREEN-TOP TUBE** only. Refrigerate until ready to ship.

Day 3 of the test

If you are completing the 3-Day test: Follow the collection instructions and place samples in each of the remaining **GREEN-TOP**, **ORANGE-TOP**, **PINK-TOP**, and **WHITE-TOP TUBES**. Perform the swab collection and place in the **SWAB TUBE**. Refrigerate until ready to ship.