



Gillian McKeith®

Online Nutrition Clinic

your test kit includes...



1 x pair of gloves



1 x paper stool collector



1 x container tube (containing absorbent pad and 1 x stool collection tube (inside the container tube))



1 x customer details form
1 x pen



1 x prepaid envelope
2 x sealing clips

The Stool Test instructions for use

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Freephone (UK): 0800 074 6185
Telephone: +44 (0) 1904 410 410
Email: info@yorktest.com

www.yorktest.com

Caution

- Do not contaminate your sample with water or urine
- Do not flush the used gloves – please discard in the bin
- Keep out of reach of children
- Should only be used by an adult
- Remember to take your sample and post on the same day between Saturday and Tuesday
- You must stop taking all oral and systemic (via the vein) anti-fungals at least one week before taking your sample. If you have any concerns about doing this, please consult your GP or Healthcare Practitioner
- On the day before taking your sample, please do not eat any products which are made by using fungi such as stilton, camembert, mushrooms and kefir

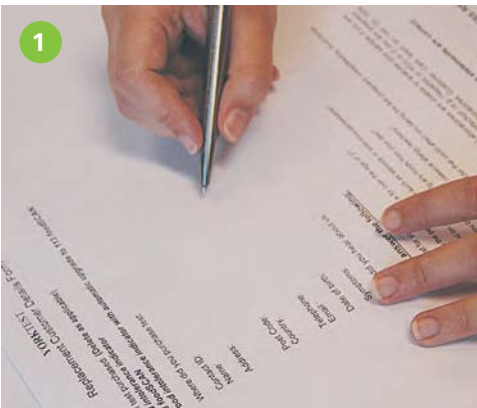
If any of these items are missing, please contact our Customer Care team on

0800 074 6185

Please read these instructions carefully before starting. If you have any difficulties collecting your sample, don't worry, please contact our Customer Care team on **0800 074 6185** and they will talk you through the process.



Company Registration Number: 03570476
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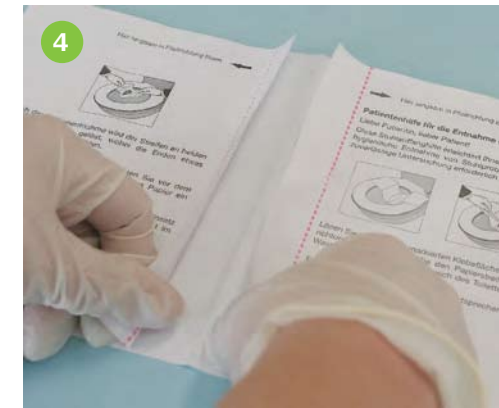
Complete the customer details form enclosed with your kit.



Open the container tube and remove the stool collection tube.



Write your name and today's date clearly on the side of the stool collection tube with the pen provided.



Wear gloves for the following steps:
Take the paper stool collector and peel off the paper where the arrows are shown.



Stick the paper strip (sticky part) on the toilet seat as shown above. **Once you have collected your sample in the paper stool collector, be careful not to contaminate it with urine or water.** Your sample can also be collected using a clean and dry container or bag to then place in the container tube.



Unscrew the brown lid of the stool collection tube - this has a small spoon attached to it. Use the spoon to take eight 'pea sized' portions from different parts of your stool sample and place in the collection tube. Stir your sample using this spoon several times.



Please ensure tube is 3/4 full (as shown by the dotted line above). Screw on the lid of the collection tube tightly.



Place the stool collection tube in the larger container tube - this includes an absorbent pad - do not remove this. Screw on the lid of the larger tube. **Take your gloves off by turning them inside out (so one glove ends up being inside the other), discard in the bin along with the paper strip from the toilet seat (which is NOT flushable). Then wash your hands thoroughly.**



Place the tube and customer details form in the prepaid envelope provided. Seal the envelope with the clips included and post immediately.

Remember to include your customer details form, without this we cannot process your sample.

Do not take this test if you are:

- Suffering from a blood borne disease such as Hepatitis or HIV
- Pregnant
- Under the age of two years old

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