



## TESTING INSTRUCTIONS

- READ PRIOR TO COLLECTING YOUR SAMPLES -

### **GI-MAP - Diagnostic Solutions**

- This is a one-day stool test.
- You have already paid for this test.

#### **For initial testing:**

- 2 weeks prior you will stop taking:
  - antibiotics
  - NSAIDS (i.e. ibuprofen & aspirin)
  - bismuth (i.e. Pepto Bismol)
  - any kind of eradication agent (prescriptive or natural)
  - Spore or soil based probiotics
- 3 days prior you will stop:
  - Other gut specific supplements (such as HCl, digestive enzymes, gut healing formulas and regular probiotics)
  - Prescription medications besides those mentioned above can be continued.
- For three days before your sample collection, aim to consume 70-100 grams of fat per day. *This helps ensure accurate test results.*
- To reach this amount, add 2-3 tablespoons of healthy fats or oils to each meal throughout the day. Examples of how to meet this daily fat intake:
  - 1/2 an avocado
  - A small handful of nuts (e.g., almonds, walnuts, macadamia nuts)
  - Salad dressing with at least 1 Tbsp olive oil
  - Cooking with butter, ghee, coconut oil, or tallow

- Drizzling olive oil or avocado oil over meals

- All prescription medications, other than antimicrobial formulas, anti-parasitic agents, and antibiotics, should be continued during the collection process. If you take anti-inflammatory agents like Advil, regularly, please avoid for at least 3 days prior to the test.

If you've been on a steroid agent like prednisone, wait two weeks after finishing it to take the test. Please check with your doctor if there is any question about stopping a medication.

- Do not collect your sample while menstruating as blood is a contaminant that will void the test.
- Be sure to write your name and date of birth on all vials as well as on the form included in the kit.
- Please plan the timing so that you mail it to the lab on a Monday or Tuesday. This ensures the specimen is viable when it reaches the lab.
- If you need to take something in order to defecate, you can drink senna tea.
- You will find a prepaid FedEx sticker inside the kit to mail to mail the specimen to the lab. Simply drop it at any FedEx pick up facility.
- Please see the instructions included in the kit for further information.

**For retesting:**

- Same rules apply as above.
- Stop all antimicrobials and biofilm disruptors 4 weeks before retesting.




## Food Inflammation Test Instructions - KBMO Diagnostics

- This is a dried blood spot test.
- You have already paid for this test.
- Hydrate the day before collecting your sample.
- You do not need to do anything different with your diet prior to collecting your sample.
- [CLICK HERE](#) for detailed collection instructions and video.
- [CLICK HERE](#) for frequently asked questions.



### FIT Instructions: Fingerstick Collection, Shipping and Reporting

#### FIT Test Instructions

|   |  |   |
|---|--|---|
| 1 | Wash hands. Continue to run hand under warm/hot water and massage to create blood flow. Make sure you are hydrated; drink water 10-20 minutes prior to sample collection.  |    |
| 2 | Clean the site with the provided alcohol swab and allow to air dry.  |   |
| 3 | Use the side of the fingertip on either the middle or ring finger. Do not use the center pad of the finger - it is the most sensitive area.  |  |
| 4 | Position the lancet provided over the sterilized area and press firmly against your fingertip. Discard the lancet after use. Gently massage your hand moving towards the puncture site to create blood droplets.                                       |  |
| 5 | Fill each circle on the provided collection card with blood. It is important to <i>completely fill each circle</i> to ensure enough sample can be obtained to properly administer the test. <b>**At least 5 spots must be filled to run the panel.</b> |   |
| 6 | Label the collection card with name and date of collection. Wait 20 minutes until the blood has dried completely on the card before placing it inside the provided biohazard bag, sealing it and placing it inside the provided return envelope.       |   |
| 7 | Ship the sample and completed requisition form in the provided return packaging. (Shipping pak with prepaid label or pre-stamped envelope) to: KBMO Diagnostics<br>4 Business Way<br>Hopedale, MA 01747  |   |
| 8 | KBMO Diagnostics will analyze the sample and send the report to the provider in 7 to 10 business days <i>after the receipt</i> of the sample.  |   |

For instructions please watch this short video at the link below:  
<https://kbmodiagnostics.com/bloodspot-tutorial-video/>

For general support/ questions please contact the lab:

Phone: 617-933-8130

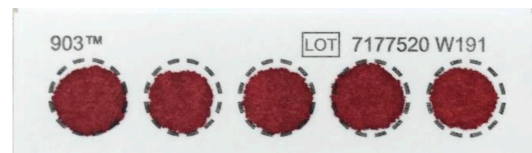
Email: [Info@KBMODiagnostics.com](mailto:Info@KBMODiagnostics.com)

Website: [www.KBMODiagnostics.com](http://www.KBMODiagnostics.com)

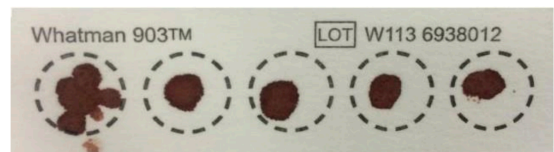
### Acceptable Blood Spots Vs. Unacceptable Blood Spots

#### Instructions:

**Acceptable Sample:** Below is an example of the blood spots required for using this test, with three circles completely filled. Once completed, your blood spots should match as closely as possible to the image below.



**Unacceptable Sample:** Below is an example of an unacceptable blood spot card. If the circles are not completely filled, then we do not have enough blood to run the test. A sample that looks like this would be rejected, and a new sample would need to be sent in.



For instructions please watch this short video at the link below:  
<https://kbmodiagnostics.com/bloodspot-tutorial-video/>