



## Instructions for GI-MAP from Diagnostic Solutions

- This is a one-day stool test.
- The fee for this test is \$345. Rupa Health will contact you directly via email to collect payment. (\*Test fee is subject to change.)

### 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.**
- Ingest 70-100 grams of fat each day for three days prior to collection. This would be 2-3 tablespoons of added fat or oil to each meal in the day. For example a salad with 1/2 an avocado, a small handful of nuts, and a salad dressing with at least 1 Tbsp olive oil in it would be 2-3 tablespoons of added fat.

- 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.