

GutOx STRESS-TEST

Sample Collection Instructions



For the GutOx Stress-Test you have to collect 3 different samples:
Saliva, Blood and Urin.
Please read the instructions carefully before taking the test and follow the step-by-step instruction

KIT CONTENTS: 1 Hazard-Bag, 1 Insulated Silver Bag, 2 Gauze-Pads, 2 Lancets, 2 Bandages, 1 Blood Spot Card, 2 Urin Cards, 1 Salivette Tube, 1 Transfer Pipette, 1 Requisition Form, 1 Shipping Envelope

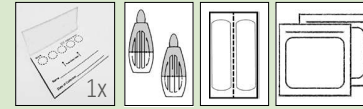
1 Saliva Collection



Write name, DOB and collection date on Tube with permanent marker
Do not eat or drink anything, other than water, for 30min prior to collection. Collect the saliva at any time of the day

	Remove the cap from the tube
	and remove the cotton plug.
	DO NOT remove the suspended insert. In case it comes out, place the inner tube back into the outer tube.
	Place the cotton plug in your mouth and gently chew the cotton for 1-2 minutes until fully saturated.
	Place cotton plug back into tube
	and reseal with the blue cap.
	Store sample in the refrigerator at 2-8°C until ready to ship. DO NOT FREEZE!

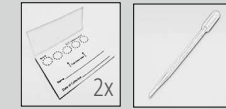
2 Blood Collection



For good blood flow drink 200ml 2h prior to testing.
Put Name, Date of Birth and Collection Date on Blood Spot Card.
Unpack Gauze, Bandage and Lancets

	Wash your hands with warm, soapy water for at least 30 seconds
	Warm your hands by rubbing them together. You may also warm your hands by walking, jumping, or any other method you prefer. Warm hands are important for good blood flow.
	Select the finger you will use to provide the blood sample. Recommended locations are off-center of ring- oder middle-finger midline.
	Prick your finger by laying hand on a hard surface. Position the lancet on the chosen location. Apply firm pressure to end of lancet until a click is heard.
	Wipe away first blood drop with the gauze. A blood drop may take up t 20sec to form. If needed, gently massage pricked finger upward until drop forms
	Gently massage the finger to produce a large droplet of blood. Touch the droplet to one circle of the collection card. DO NOT touch the card with your finger. Fill all circles completely.
	Set Card on a hard surface and apply bandage. Let blood Sample dry for 15min before closing. DO NOT use hairdryer, heating or any other artificial heat.

3 Urin-Sample



For collection of the urin sample you need a clean disposable cup.
write your Name, DOB and date of collection on both urin cards.
Collect urin any time of the day

	Collect urin in clean disposable cup
	Use the transfer pipette
	to saturate all circles of the two urine cards
	Let dry urin samples
	Close both cards and store at room temperature until shipment.

SHIPPING:

- Make sure the specimen tube and all cards are properly labeled with name, date of nirth and collection date
- Place the samples inside of the bio-hazard bag and seal the bag. DO NOT remove gauze pad.
- Complete Test Requisition Form and sign privacy and payment agreements.
- Place biohazard-bag with all specimens into the insulated silver bag and close it
- Seal insulated Silver bag and place it inside the kit box together with the completed requisition form

YOUR SAMPLES ARE
READY FOR SHIPMENT
SHIP AS SOON
AS POSSIBLE

theradura diagnostik
Rosenweg 3
75392 Deckenpfronn
Kontakt: info@theradura-diagnostik.com
https://theradura-diagnostik.com



2°C 30°C Store Test-Kit at 2-30°C



Keep out of the reach of children