

## Taking the test



### 7 Package and post your samples.

Along with your patient request form, put the transport tubes inside the pre-paid return envelope and return to the lab within 12 hours of collection.  
**Please do NOT post on a Thursday, Friday, Saturday or Sunday.**

Take your envelope to the Post Office to ensure the samples remain undamaged.  
**Please note the tracking number (located under the barcode of the Tracked 24 label on your envelope).** Your samples will first be sent to our partner in London then shipped via medical courier to our lab in Germany. You will receive an update once your samples arrive, up to 7 working days after posting.

### Safety advice:

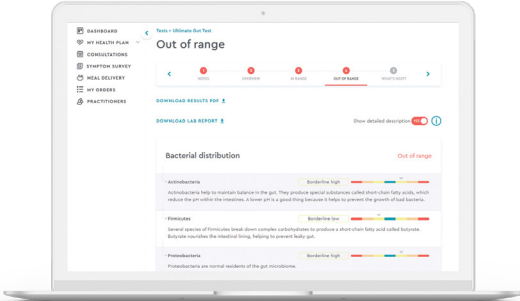
Do not drink the contents of the OmicSnap sample tube and avoid direct contact with the liquid. After skin contact, immediately wash the affected areas thoroughly. Keep out of reach of children. Serious incidents must be reported to us on [hello@healthpath.com](mailto:hello@healthpath.com). This sampling set has been manufactured and placed on the market in accordance with Regulation (EU) 2017/746 (IVDR).

## What happens next?

The laboratory turnaround time for this test is **14 working days**.

If you're working with your own practitioner, they'll be in touch with your results to guide you through the next steps.

If you're working directly with Healthpath, you'll receive an email notification when your test results are in. You'll then be able to log into your dashboard to view your personalised report and hand-picked supplement protocol, plus extra resources, if applicable based on the service purchased.



**healthpath.com**

Questions or concerns? Contact us at [hello@healthpath.com](mailto:hello@healthpath.com)

Sample return address: The Doctors Laboratory, Halo Building, 1 Mabledon Place, London WC1H 9AX

Our products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult with your GP.

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**healthpath**



**GUT HEALTH TEST INSTRUCTIONS**

## IMPORTANT: before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



For Healthpath customers, **complete your symptom survey online** prior to testing to enable the personalised interpretation of results by your practitioner.\*



The stool and spoon-lids must not come into contact with **water or toilet detergents**. Use the stool collectors enclosed in the kit.



Follow your **normal diet** for at least one week before taking the test.



Samples MUST be posted within **12 hours of collection**, keep them cool meanwhile but no need to put them in the fridge



Stop taking any **probiotics** 14 days before taking the test. Ideally wait 4 weeks after taking **antibiotics** before you take the test.



Only post samples back to the lab on **Monday to Wednesday** (do not post on a Thursday, Friday, Saturday or Sunday).



If you are taking any additional **medications or supplements**, please refer to the Help Centre found on our website for advice.



Hand the samples in at the **Post Office branch**, rather than simply leaving them in the post box.



\* for Plan and Package customers only

## Test kit contents

We've partnered with a specialist lab in Germany to provide you with this test – it is a Healthpath exclusive in the UK. Your test kit contains the following:



1 x test instructions



1 x patient request form



2 x test tube name labels



2 x transport tubes



1 x test tube with spoon-lid  
1 x OmicSnap test tube



2 x stool collectors



1 x pair of gloves



1 x antibacterial wipe



1 x pre-paid return envelope

## Taking the test



### 1 Make sure you've prepared properly.

Read the 'IMPORTANT: Before you take this test' box on the first page. Check you have all the test kit contents using the list on the previous page.



### 2 Get your test kit ready.

Peel off the labels provided with your name and date of birth, then apply to both test tubes. Two samples are required for the test.



### 3 Use the toilet.

Please do NOT urinate on the stool collector as it will dissolve. If you need to pass urine, do this before attaching the stool collector. Then – using the picture as a guide – loop the stool collector over your toilet and collect your sample (two stool collectors have been provided in case you need a backup!).

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### 4 Collect your first sample in the test tube with spoon-lid.

Put on the gloves. Unscrew the lid and use the spoon to take samples from several areas of the stool. **Add sample into the tube right up to the max line.**



### 5 Collect your second sample – please read thoroughly before taking your sample.

Place the OmicSnap tube upright with the yellow cap facing upwards, to prevent the liquid from spilling. Unscrew the yellow cap to access the sample lance. Please do not remove the white base. Insert the sample lance in four different areas of the stool, until the sample lance is filled. Remove excess stool from the top of the sample lance. Return the sample lance back into the tube – please do not spoon your sample directly into the tube. Turn the yellow cap until it is securely closed and then swirl the tube back and forth several times. Please do NOT shake.



### 6 Secure your samples.

Put the sample tubes inside the transport tube with the matching coloured lid. Remove the gloves and use the antibacterial wipe to clean your hands.