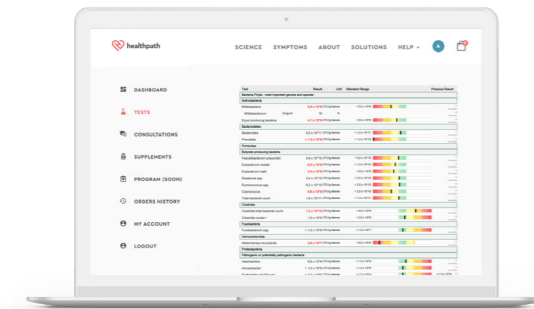


## What happens next?

The turnaround time for this test is 14 working days.

If you're working with your own practitioner, they will 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.



## Want to learn more?

Head to the [healthpath.com](https://healthpath.com) blog for the latest health insights, including:



Gut Health Testing – All Your Questions Answered



Everything You Need to Know about Supplements



How to Prevent Bloating After Eating



Find Out If Nausea is a Symptom of IBS



The Lowdown on Dysbiosis



The Best Foods for Leaky Gut



[healthpath.com](https://healthpath.com)

Questions or concerns? Contact us on +44 (0)207 193 1693 or [hello@healthpath.com](mailto:hello@healthpath.com)

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.



**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.



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



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



Stop taking any **probiotics** 3 days before you take the test. Ideally wait 4 weeks after taking antibiotics before you take the test.



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



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



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

## 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



2 x test tubes with spoon-lids



2 x stool collectors



1 x pair of gloves



1 x antibacterial wipe



1 x shipping bag

## 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.

Complete the labels provided with your name, date of birth and the date 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!).



### 4 Collect your samples.

Put on the gloves. Unscrew the lid from one of the test tubes, and use the spoon to take samples from several different areas of the stool until the test tube is two-thirds full. Repeat process with the other test tube.



### 5 Secure your samples.

Put the test tubes inside the transport tubes. Remove the gloves and use the antibacterial wipe to clean your hands.



### 6 Package and post your samples.

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

Hand the samples in at the Post Office branch to ensure the sample remains undamaged. Use the pre-paid envelope to return to: **Freepost RTYC SRKJ ZZCU, The Doctors Laboratory, Halo Building, 1 Mabledon Place, London WC1H 9AX**