

All Lab Instructions:

- For insurance billing: Fill out the back of the lab requisition form and attach a copy (both sides) of insurance card and check. (you may alternatively pay by credit card—FSA and HSA cards accepted)
- For no insurance billing: Fill out patient information at top of the back side of the lab requisition form.
- For test kits shipped directly to patients: Dr. Bogolub filled out the lab requisition form on-line, so do not be concerned that the form that comes with your kit is blank.

NutrEval Instructions:

- Schedule Genova Diagnostics lab appointment (see Genova Lab Locations handout or link on website resources page.)
- Stop all supplements 4 days prior to testing
- Put Freezer Brick in freezer overnight
- Fast overnight
- Collect first morning urine and freeze at least 2 hours. You may freeze overnight if desired
- Pack up Freezer Block and frozen urine in Styrofoam kit box and bring to lab appointment.
- Blood draw lab will ship your test kit
- Results take 3-4 weeks
- Make follow-up appointment 4 weeks after lab appointment.

GI Effects Profile Instructions:

- Stop probiotics and probiotic foods 2 weeks prior to stool collection
- Stop Aspirin and other NSAIDS, digestive enzymes and Betaine HCL, enemas, and rectal suppositories 2 days prior to testing
- Ship the same day as collection
- Monday through Friday Ship only
- Results take 4 weeks
- Make follow-up appointment 4 weeks after shipping

Adrenocortex Stress Profile

- Collect all 4 saliva samples on same day
- Nothing by mouth except water 1 hour prior to each saliva collection
- Put label on tube **after** saliva collection
- Make sure to fill out back of lab requisition form and attach check and copy of insurance card (both sides) to form.
- Freeze overnight
- Ship next day-Monday through Friday only
- Follow instructions on your homework sheet from your appointment to make follow-up appointment.

SIBO Test

- 4 weeks prior: no colonoscopy, barium enema, or antibiotics
- 7 days prior: no stool softeners, bulking agents, laxatives, antacids
- 24 hours prior: diet limited to a few, non-fibrous foods and no probiotics
- 12 hours prior: fasting with water and essential medications only. Nothing else by mouth including mouth wash, gum, breath mints, toothpaste, etc.
- 1 hour prior: as above and no sleeping, no vigorous exercise, and no smoking.
- Follow instructions for breath exhalation collection.
- Demonstration video can be found at <https://gdx.net/tests/prep/sibo>
- Make follow-up appointment in 3 weeks.