

For general enquiries contact R.E.D. Laboratories:

+32-(0)2-481-5310



All samples to be returned to:

R.E.D. Laboratories N.V./S.A.
Z.1 Researchpark 100
B-1731 Zellik
Belgium
Phone: +32-(0)2-481-5310
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www.redlabs.be

From Monday till Friday between 9am and 3pm

Do not deliver at weekends, on public holidays and between Christmas and New Year



Faecal Microbial Analysis

Testing Protocol
&
Patient Information

For all enquiries please call:

+32-2-481-5310

Benefits of Faecal Microbial Analysis and Interpretation

- Based on University Research and peer-reviewed publications
- Practitioner support and interpretation guidelines
- Faecal Microbial Analysis (FMA) is the **ONLY** functional gut dysbiosis test to:
 - > **QUANTIFY** by absolute number the bacterial counts and compare to normal reference ranges.
 - > Report both major **AEROBIC** and **ANAEROBIC** faecal bacterial groups and yeasts.
 - > Provide an aerobic and anaerobic collection method to preserve bacterial numbers during transport and give a true indication of aerobic and anaerobic profiles.
 - > Provide a **TEMPERATURE CONTROLLED** method to preserve the distribution of microflora. This is the **ONLY method which will give a true indication of aerobic and anaerobic microbiological profiles.**
 - > **A focus on gastrointestinal dysbiosis** rather than digestive analysis to ascertain gut integrity.

Faecal specimen collection Procedure (continued 2)

8. **Immediately** seal the plastic pouch completely with the rod and sealing bar to make it airtight. Make sure the rod is pressed as far into the sealing bar as possible.



9. **DO NOT open the plastic pouch again** once you have passed this point. Any change to the environment inside the plastic pouch will result in the micro-organisms perishing, causing an inaccurate test result.

FOLLOW-UP test: For an aerobic retest, please collect the sample as detailed in steps 1-6 and place in plastic bag provided (no rods or sachet are required).

Storage: Place the plastic pouch and contents into the fridge (do not freeze) until ready for transportation (preferably the same day) to R.E.D. Laboratories.

Packaging for transport: Place the plastic pouch with the sample in the polystyrene box together with the two freezer packs, close this box and put it in the carton box, place the completed and signed R.E.D. Laboratories request in the carton box and close and seal lid on box with sticky tape.

IMPORTANT

Samples MUST be received by the laboratory within 48 hours after specimen collection!

Faecal specimen collection Procedure (continued 1)

Procedure

1. Contact R.E.D. Laboratories (+32-2-481-5310) to make an appointment for sample delivery.
2. Contact a transport company (DHL, Fedex, ...) for sample delivery within 48 hours at our lab between 9am and 3pm on working days or bring your sample yourself.
3. Place the two freeze packs in the freezer for 24 hours prior to specimen collection.
4. Print your name clearly on the specimen jar and also your date of birth and the specimen collection date and hour.
5. Using the disposable glove, collect your stool sample (the easiest way is to collect some on toilet paper). Use the scoop in the lid to assist in delivering the sample to the container. **The sample should cover at least and no more than 1/3 of the jar. Please do not fill the entire jar with your sample.** The sample should not make contact with any water in the toilet. If stools are very soft, or when collecting specimens from children use a clean, dry plastic container to collect specimen in.
6. Replace the container lid immediately after stool collection. Secure tightly to ensure there are no leaks. Do not cover the holes in the lid. Put the specimen jar into the plastic pouch.
7. Carefully tear open the large AnaeroGen COMPACT foil sachet near the top only (see arrow) and remove the paper sachet inside (like a large tea-bag). **DO NOT TEAR OPEN THE PAPER SACHET as your sample will be rejected.** Leave the paper sachet intact and place immediately into the plastic pouch provided (without foil) together with the stool sample.

Tear open the sachet and take out the 'tea-bag' inside.

Don't use scissors to open as you may cut the sachet inside, spilling the contents and making the test unsuitable.



Faecal Microbial analysis (FMA)

What it is and what is being analyzed?

As the name suggests, the FMA is an investigation of the microbial flora of the intestinal tract. This investigation can be carried out from a properly collected faecal sample.

From this test we are able to identify the presence and quantities of faecal bacteria (aerobes and anaerobes), and yeasts.

R.E.D. Laboratories will provide quantitative data of microbial flora to indicate if there is an imbalance of the intestinal ecosystem. A report will be sent to your healthcare professional and indicates the total aerobic and anaerobic bacterial/yeast counts plus suggested management protocols if necessary.

The FMA Retest screens for aerobic flora only and does not include the anaerobic organisms. This is a follow-up test and aims to assist the healthcare professional in ongoing management of the patient.

What to expect from your healthcare professional?

Your referring healthcare professional will receive from R.E.D. Laboratories a comprehensive report on the results of your FMA. The report will inform your healthcare professional of bacterial imbalances and provide management choices to help rectify the discrepancy.

How to use the FMA Test Kit

IMPORTANT - PLEASE READ!

Due to the sensitive nature of the sample being tested, it is **important that you read this booklet carefully** and follow the protocols in collecting your sample. It will take a little time to read, however, it is very important that all the steps are followed correctly to ensure accurate and timely test results.

Failure to read the directions and collecting samples incorrectly will result in a sample not being suitable for testing which will be rejected by the laboratory. R.E.D. Laboratories will not be held responsible for samples unsuitable for testing due to non-compliance with collection and packing instructions. In this case you will be required to pay for replacement kit components and their transport to you (NOT the full analysis price, which will be carried over!).

The organization and the costs for transport of the sample (Fedex, DHL, ...) is the responsibility of the patient.

The Test Kit has been designed to be as user friendly as possible and includes everything you need to collect a quality sample and send it back to us.

Important:

1. Please endeavor to collect your sample within 4 weeks of receiving the kit.
2. Please ensure that you are NOT taking any antibiotics for 4 weeks prior to the date of your test.
3. Please ensure that you are not taking any anti-bacterial herbs for 2 weeks prior to the date of your test.
4. Samples must be received by the laboratory within 48 hours.

Please call us if you have any queries!

Tel: +32-(0)2-481-5310

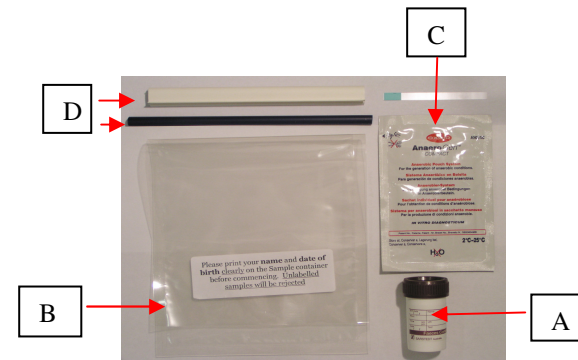
Faecal specimen collection procedure

Collecting your sample

The micro-organisms being examined are very fragile, therefore, getting a suitable sample for analysis is important. Please follow the testing protocols carefully to ensure accurate results.

Your FMA Test Kit should contain the following 6 items:

- A 1 specimen container (lid with two holes)
- B 1 plastic pouch
- C 1 AnaeroGen COMPACT foil sachet
- D 1 sealing rod and bar
- E 1 disposable glove
- F 2 gel freeze packs



Please note that if you have **stools that are LIQUID** (no mucous or thickening material) **please contact the laboratory for another collection container**. Stools that are in liquid form will possibly leak from the container and disrupt the anaerobic mechanism of the sachet. Loose or semi-liquid/mucous stools are acceptable with the normal collection container and must be in the lab the same day of production.