

# The Nutrition Clinic for Digestive Health

## Genova GI Effects® Comprehensive Profile



### Why is this test being recommended?

The GI Effects® Comprehensive Stool Profile can reveal important information about the root cause of many common gastrointestinal symptoms such as gas, bloating, indigestion, abdominal pain, diarrhea, and constipation. It provides key information about the three main functions of the gastrointestinal tract including digestion/absorption, inflammation/immunology, and the gut microbiome.

### What to expect:

- **Stool samples do not have to be collected on consecutive days**, so it's okay if you don't have a bowel movement daily. All stool samples must be collected within 10 days. Ship within 24 hours of the last collection day. SHIP ONLY MONDAY – FRIDAY.
- **DO NOT collect if there is active bleeding from hemorrhoids or menstruation.**
- **Collect samples during the full moon when it is easier to detect parasites.** Here is the full moon schedule for the remainder of 2022 your convenience:
  - July 13th, August 11th, September 10th, October 9th, November 8th, December 7th
- **Test results will be available approximately three weeks after submitting your samples.**

### How to prepare for your test:

- **Although certain medications and supplements may impact test results, we never recommend discontinuing medically necessary medications or supplements in order to complete testing.** Always check with the prescribing doctor before stopping medications.
- **If you have had the following procedures or have taken the following medication or supplements, you may need to wait to collect samples.** Please work with your dietitian and physician to determine the best course of action for you. It is recommended to test:

Four weeks after:	Two weeks after:	Two days after:
<ul style="list-style-type: none"> <li>● Colonoscopy</li> <li>● Barium enema</li> </ul>	<ul style="list-style-type: none"> <li>● Antibiotics</li> <li>● Antiparasitics</li> <li>● Antifungals</li> <li>● Probiotic supplements</li> <li>● Proton pump inhibitors</li> <li>● Bismuth</li> </ul>	<ul style="list-style-type: none"> <li>● Aspirin and other NSAIDs</li> <li>● Rectal suppositories</li> <li>● Enemas</li> <li>● Activated charcoal</li> <li>● Betaine HCl</li> <li>● Digestive enzymes</li> <li>● Antacids</li> <li>● Laxatives</li> <li>● Mineral oil</li> <li>● Castor oil</li> <li>● Bentonite clay</li> </ul>

## **Things you can do in the meantime that might help with your symptoms:**

- If you are still consuming gluten, we recommend getting tested for Celiac disease to rule out that possibility.
- After testing, we recommend removing gluten, dairy and sugar from your diet while we wait on test results.

Disclaimer: The dietitians at Balance Nutrition, LLC are not physicians and the scope of their consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay.