



VibrantWellness

GUT ZOOMER

PRE-TEST CONDITIONS

Questions about how to prepare for your Gut Zoomer stool sample?

Diet

We recommend completing the stool test while following the diet that is most normal for you. Realize that intake of dietary fibers, probiotic foods, and foods treated with antibiotics, as well as your dietary macronutrient ratio, can profoundly influence the microbiota and digestive health.

Colonoscopy Procedure

Can influence functional markers d/t tissue contamination; wait to provide sample until 14 days post colonoscopy.

Anti-inflammatory (Aspirin)

Could influence calprotectin; wait to provide sample until 2 days after use.

Steroids (prednisone, etc.)

Could influence calprotectin; not recommended to discontinue use.

Autoimmune medications (biologics, immune-suppressants, etc.)

Could influence calprotectin; not recommended to discontinue use.

Antacids: proton pump inhibitors

Can cause false negatives for H. Pylori; acid blocking medications may influence levels of digestion/absorption markers. Wait 5 -14 days after last use (14 days if checking for H. Pylori).

Antacids: Tums and H2 Blockers

May influence the level of digestion and absorption markers. Wait 2-3 days after last use.

Probiotics

The Vibrant Gut Zoomer™ measures microorganism 16sRNA from a person's stool sample. The results reflect the relative abundance of these microorganisms (bacteria, candida yeast, parasites) compared to a reference range at the time of the sample. Thus, if a person is using a probiotic supplement in the days/weeks leading up to the sample collection, their sample will reflect the ecosystem as influenced by the probiotics.

Our practitioners usually like to use the Gut Zoomer™ in one of two ways:

1. They will either have the patient remove or discontinue the probiotic for ~2 weeks before sample collection. The sample will then represent a person's "baseline" microbiome ecosystem and a practitioner can individually recommend probiotic supplementation from baseline.
2. The second strategy would be to run a Gut Zoomer™ about ~one month into probiotic supplementation to determine if that particular product is effective for that individual.

If you choose to do a probiotic wash out for a baseline assessment; discontinue use for ~30 days.

Bentonite Clay

Should not have an effect on microbial DNA measurement. Wait 2-3 days after last use.

Betaine HCL

May influence markers of digestion and absorption. Wait 2-3 days after last use.

Digestive Enzymes

May influence markers of digestion and absorption. Wait 2-3 days after last use.

Laxatives

If they have a dramatic effect on transit time, may influence markers of digestion and absorption.

Activated Charcoal

Should not have an effect on microorganism DNA measurement.

Antimicrobials (antibiotics; anti-fungals; anti-parasitics; anti-helminthics)

May have significant influences on all microorganisms (bacteria, yeast, parasites, and worms). Wait 14-30 days after last use.

Rectal Suppositories

Can alter stool sample density and result in inaccurate biomarker findings. Wait 2-3 days after last use.