

FOLLOW THESE STEPS FOR A SUCCESSFUL PARASITE TEST

1. **Save** the outer and inner boxes and medical bag for return shipping.

2. **READ THIS – BEFORE YOU COLLECT YOUR SPECIMENS**

- DIET – no foods to avoid. Coffee, tea and alcohol in moderation.
- ACTIVITY – continue with what is your usual routine.
- FASTING – permitted.
- LAXATIVES - if you normally use a laxative to ensure bowel movements, do continue.
- ENEMAS – try to have your BM without use of an enema. If impossible otherwise, collect with an enema and indicate this on your health history form.
- MEDICATIONS – avoid for one week (minimum four days) prior to collection antibiotics and antifungal medicines. Check with your doctor about a temporary stoppage.
- SUPPLEMENTS – permitted except for those considered to be infection fighting. Avoid for one week prior to collection (minimum four days).
- TIMING OF COLLECTION – no advantage waiting to collect specimens at the full moon.
- TEMPERATURE – avoid placing collected specimens in the refrigerator or freezer.
- MOISTURE ON TOWEL – if the paper towel around the collection vials is moist, this may happen at times. If there is about an inch of preservative in the vials, they are good to go.

3. **FILL OUT AND SIGN YOUR MEMBERSHIP AGREEMENT.** *

This permits me to do the testing on your behalf because, as a private program not available to the public, you authorize the testing by your signature on the membership form. This is done only once with your first testing and does not have to be repeated for future testing.

4. **FILL OUT YOUR HEALTH HISTORY (AND PAYMENT INFORMATION IF NOT PRE-PAID).**

Testing and examinations are partly based on the information you provide on this form.

5. **COLLECT YOUR SPECIMENS.**

PINK top vial is for URINE only. BLACK top vial is for STOOL. Follow the steps on the collection instruction sheet. Once the specimens are in the preservatives and closed tightly, they are kept in good condition for two months. Therefore, no need to rush the return shipping.

6. **CHECKLIST FOR SENDING BACK YOUR SPECIMENS:**

- [] Your specimen vials are wrapped in paper towels in the medical pouch and placed in the white box.
- [] Your SIGNED MEMBERSHIP FORM[Initial test] and HEALTH HISTORY, with payment by check or credit card if necessary.
- [] Forms and white box with samples placed in the brown box and taped for shipping.
- [] ADDRESS: Dr. D'Angelo, ParaWellness Research, 18121 E Hampden Ave Unit C-123, Aurora, CO 80013.

7. **THE NEXT STEP**

When your tracking shows it is **delivered**, the test kit is securely held in a climate-controlled facility awaiting retrieval. Periodically each week test kits are picked up and brought to the lab. On arrival in the lab test kits are opened and an email is sent out to you at that time. No need to inquire if we have received your test kit if you have confirmation that it was delivered by your shipping carrier. You will receive your email when it arrives in the lab.

* A membership form unsigned or missing, or no health history form, or issue with payment means we will contact you while we hold your untested specimens for a maximum of two weeks. After this time we must discard the specimens.