



How to Prepare for Your GI-MAP

The GI-MAP is a one-day stool test. Following the preparation instructions carefully helps give you the most useful snapshot of your microbiome.

1 Test Basics

- This is a **1-day stool test**.
- You have prepaid for this test.
- Do not collect while menstruating; blood can contaminate the sample and void the test.
- Write your **name and date of birth** on all vials.

2 Initial Testing: What to Stop

- **2 weeks before:** antibiotics, NSAIDs, bismuth (such as Pepto-Bismol), prescription or natural eradication agents, and spore- or soil-based probiotics.
- **3 days before:** other gut-specific supplements such as digestive supports, gut-healing formulas, and regular probiotics.
- If antibiotics were taken, wait **2 weeks** before testing.

3 Prescriptions & Retesting

- Prescription medications other than antimicrobials, antiparasitic agents, and antibiotics can generally be continued.
- If you use anti-inflammatory medicines such as Advil regularly, avoid them for **2 weeks** before testing.
- If you have taken a steroid such as prednisone, wait **2 weeks after finishing it** before testing.
- **For retesting:** stop all antimicrobials and biofilm disruptors in your protocol for **4 weeks** before the retest.

4 Food Prep Before Collection

- For **3 days before collection**, aim for 70–100 grams of fat daily—about 2–3 tablespoons of added fat or oil with each meal.
- Example: avocado + nuts + an olive-oil based dressing.
- If you do not have a gallbladder, **skip the added-fat step**.
- If you want to know whether you react to gluten, include at least **3 servings of gluten-containing grains** during the week before collection.
- If you already know gluten is a problem for you, **do not eat gluten** for this purpose.

5 Collection & Shipping

- If you need help having a bowel movement, you may drink senna tea.
- Samples are viable for about **6–7 days** after collection, but shipping as soon as possible is recommended.
- Samples may be shipped any day of the week.
- A prepaid FedEx label is included in your kit. Drop the package at any FedEx pickup location.

Important: Please check with your health care provider before stopping any prescribed medication. If anything about your preparation is unclear, ask before collecting your sample.