

COLLECTION INSTRUCTIONS

Your Platinum Health Test

Our most comprehensive health panel — a deep look at your cardiovascular, hormonal, nutritional and gut health. It's collected in **two parts**: a blood draw at a collection centre, and a stool sample done at home.

What's included

BLOOD**Comprehensive blood panel**

Hormones, thyroid & adrenal, metabolic & cardiovascular, iron, B vitamins, minerals, bone, inflammation, full blood count, liver, kidney, pancreas and your biological age.

STOOL**Digestive & microbiome stool test**

Stool appearance and digestion markers, beneficial, pathogenic and opportunistic bacteria, yeasts and parasites.

1 Two parts, either order

1 Blood draw — a fasting morning at a collection centre

Fast overnight and go **within an hour of waking** (this matters for your hormone results). Take your printed pathology form.

2 Stool — collected at home

Collect on a Monday–Wednesday, refrigerate, and post it back. Fits around your blood-draw day.

Only start or stop a medication or supplement on your practitioner's advice — some can affect your results.

PART 1 • AT A COLLECTION CENTRE

2 The blood draw



Go within one hour of waking

Several hormones (including **cortisol**) follow a daily rhythm, so for accurate results have your blood drawn **within an hour of getting up** – aim to be one of the first at the centre.

Before you go

- ☒ **Fast for 8–12 hours** beforehand – water only. At least 8 hours, and no more than 12.
- ☒ **If you menstruate**, have your bloods taken about **7 days before** your period is due – this times the hormone markers correctly.
- ☒ **Print your pathology form** from your i-screen dashboard and take it with you (check your details are correct).
- ☒ Go to an **i-screen affiliated collection centre** – find one near you on the i-screen website. There's no collection fee at an affiliated centre.

- 1** Take your printed form to the centre – there's **no kit to prepare**, and nothing to post afterwards.
- 2** A trained collector **draws your blood**; the centre and lab process it and send your results to i-screen.

What the blood panel covers

Hormones

Thyroid & adrenal

Metabolic & cardiovascular

Iron & B vitamins

Minerals & bone

Inflammation

Full blood count

Liver, kidney & pancreas

Biological age

PART 2 • AT HOME

3 The stool sample**Before you collect**

- ☒ Finish any **antibiotics or antifungals 2–4 weeks** before, and stop **probiotics ~7 days** before, where your practitioner agrees.
- ☒ Collect on a **Monday, Tuesday or Wednesday** so it isn't in transit over a weekend.
- ☒ Don't collect if you have **active diarrhoea from a stomach bug**.

- 1** Catch the stool so it **doesn't touch toilet water or urine** – for example on clean paper laid over the bowl.
- 2** **Fill each collection tube as labelled** – scoop from a few different spots into the preservative tubes up to the fill line, and use the swab for the swab tube. Tighten every cap.
- 3** **Label every tube** (name, date of birth, date & time), seal them in the specimen transport bag, and add your completed request form / checklist.

**Refrigerate – never freeze**

Keep the tubes in the **fridge** until you post them, then send the same day in the reply-paid packaging via Australia Post.

What the stool test covers

Stool macroscopy

Digestion markers

Beneficial & pathogenic bacteria

Yeasts

Parasites

Your results: Both parts publish to your secure i-screen dashboard as they're processed – bloods are usually quickest. We'll email you as they're ready. Follow your **stool kit's own card** for the exact tubes, and email **info@i-screen.com.au** with any questions.