

GI-MAP Test Preparation

Medications

We recommend continuing all prescription medications prior to testing, as our testing does not have any restrictions. Medications that may alter the composition of the microbiome include:

- Antibiotics -(after finishing Antibiotics, wait 4-6 weeks before collecting sample)
- Immune Suppressants/ Oral steroids- will likely cause a lower Secretory IgA, Anti-gliadin, and calprotectin result (after finishing these meds, wait 4-6 weeks before collecting sample)

Supplements

It is not necessary to discontinue most supplements before testing. It is the provider's discretion to recommend discontinuing supplements. Many providers will want to understand the impact of supplements on the gut ecosystem and will want their patients to continue supplements during testing. If a provider wants more of a "baseline" assessment using the GI-MAP, they may recommend discontinuing supplements prior to testing. There are a few categories of supplements that deserve consideration:

Non-prescription anti-microbial agents

While we don't require that people discontinue antibiotics or antimicrobial substances before collection of their stool sample, doing the test while taking these substances can influence the test results. If possible, we recommend discontinuing anti-microbial agents 4-6 weeks before testing.

Enzymes

Oral enzyme use will not change the elastase-1 finding. If the enzyme contains lipase or ox bile, it may decrease the value for steatocrit.

Ox Bile/Lipase

Ox bile/lipase intake will affect the steatocrit level but will not affect Elastase-1. If you would like to see your patient's baseline without supplementation, discontinue at least 3 days before testing. If you would like to see how well-managed your patient is on their supplement, do not discontinue.

Probiotics

Probiotic supplements can influence the normal and opportunistic bacteria flora. If you would like to assess your patient's baseline microbial balance without supplementation, discontinue for ~2 weeks prior to testing. If you would like to see the influence of the current probiotic supplement, do not discontinue prior to testing.

Biofilm disruptors

There is no published evidence to suggest that a biofilm disruptor will improve detection of organisms. However, some clinicians choose to use a biofilm disruptor with their patients up to 14 days before testing. This is an option but not a requirement for testing.