


# GI-MAP™ Process & Patient Preparation

01  
 ORDER YOUR  
GI-MAP TEST KIT

Order your **GI-MAP™ Test Kit** through **Designs for Health Australia** by going to [designsforhealth.com.au/gi-map-orders](https://designsforhealth.com.au/gi-map-orders)

02  
 PREPARE YOUR  
PATIENT

Visit [designsforhealth.com.au/gi-map-interpretations](https://designsforhealth.com.au/gi-map-interpretations) for all the information on the GI-MAP™ Test so you can prepare your patient for their one-day stool sample. Make sure you advise your patient of the following:

## 2 WEEKS BEFORE THE TEST:

Where possible cease taking oral steroids.

## 2 DAYS BEFORE THE TEST:

Follow your normal diet, including the following foods if possible:

- Meat
- Fish
- Poultry
- Vegetables (raw and cooked)
- Carbohydrates (potatoes, rice, pasta, bread)
- Fats (butter, margarine, oils)

If you do not eat these foods you can still do the test, just try to eat a broad diet. Vegetarians and Vegans should eat their normal diet.

03  
 RECEIVE THE  
RESULTS

You should receive the test results in approx. 3 weeks from the day your patient posts out their sample.

04  
 BOOK A FREE  
INTERPRETATION

Book your **FREE GI-Map Test Interpretation** via the online booking system at [designsforhealth.com.au/gi-map-interpretations](https://designsforhealth.com.au/gi-map-interpretations)

05  
 SET THE  
PROTOCOL

With a thorough understanding of your patient's **GI-Map™ Test Results**, set a protocol to suit their unique needs for their optimal health.

06  
 RETEST IF  
NECESSARY

If you feel it necessary, a retest can be done after your treatment protocol is carried out.

**WE'RE HERE TO HELP:** The Designs for Health team are available to guide you through the process and answer any questions. Feel free to get in touch if you need support.