

Patient Information

Comprehensive Digestive Stool Analysis (CDSA)

The Importance of a healthy digestive tract

Good digestion isn't just about avoiding heartburn or bloating after meal, it is the keystone to your overall health and wellbeing. From the moment you put something into your mouth, your body begins a series of complex processes to turn your food into a source of vital energy, growth and repair. The gut also plays a vital role in your supporting your immune system.

Breakdown and absorption

The first step to good digestion is chewing your food thoroughly to allow your stomach to break it down more easily. Without good levels of stomach acid to break up dietary proteins you may be at risk from vitamin and mineral deficiencies, food allergies, osteoporosis, arthritis, colon cancer and hardening of the arteries.

As your food progresses into the small intestines enzymes are required to digest fats, protein and carbohydrates. This allows your food to be absorbed through the intestinal walls and utilised in the blood stream. If you do not produce sufficient digestive enzymes this process may be compromised leading to undigested food particles remaining in the intestine causing gas, bloating and malabsorption.

Gut bacteria – some good, some bad

Many different microbes live in your intestinal tract, literally trillions of them. The ones we call friendly bacteria are involved in aiding digestion, vitamin production and maintaining your immune defenses. These friendly bacteria live alongside many 'unfriendly' bacteria keeping their numbers down and preventing them from causing problems to your health.

Unfortunately our modern lifestyles can easily lead to the destruction of the friendly bacteria through the use of antibiotics, steroids, hormone pills, high alcohol and sugar consumption and even stress. Once large colonies of these friendly bacteria are destroyed you may be vulnerable to infections and problems relating to the proliferation of their unfriendly neighbours.

Parasites

Intestinal parasites are organisms that live within the intestinal tract, growing and feeding off your body. They range from visible worms (like tapeworms and pinworms) to microscopic organisms like Giardia lamblia. Parasites are found in raw and undercooked food and treated and untreated water; are transmitted by insects and household pets; and are passed from person to person through unsanitary habits and poor hygiene and are increasingly common.

How does a CDSA work?

The CDSA is a group of 25 tests performed on a stool sample (s) which can reveal valuable information about your gastrointestinal health.

Patient Information

Comprehensive Digestive Stool Analysis (CDSA)

The test will evaluate the following areas:

- Breakdown of food molecules including fats, proteins and carbohydrates
- Absorption of nutrients
- The presence of yeast or bacterial infections
- Balance of intestinal flora
- Intestinal immune function
- Dietary fibre intake
- Parasites

Who should take this test?

Anyone with acute or chronic indigestion or digestive complaints, chronic or recurrent infections, unexplained fatigue, bowel problems, food allergies and intolerances, vitamin and mineral deficiencies, and individuals who have travelled to exotic countries.

Test Procedure

- Your nutritionist will provide you with a kit which has all the instructions. There are a number of steps involved so please read the instructions carefully before proceeding.
- Please stop taking any supplements three days before the test including probiotics. Please also avoid fermented foods for one week.
- If you have recently taken antibiotics you should wait at least 2 weeks before taking this test. If you have recently undergone a colonoscopy or colonic irrigation, you should wait at least four weeks before taking the test.
- The test requires three consecutive stool samples over three days. Note that if constipation is an issue, a window of ten days is acceptable for supply of three samples. If you need to take laxatives or other medications, please discuss this with your nutritionist.
- Please follow the instructions for the courier pack provided with the kit. Please do not send samples on a Thursday or Friday to the UK to prevent delivery at the weekend.
- Please pay the lab directly enclosing your credit card details. If you would rather pay over the phone, please call the laboratory number when you are dispatching your kit. Have the kit code e.g. CMI04 to hand.
- The test results will be returned to your nutritionist within 3 weeks of receipt of the sample. Test results will be interpreted by your nutritionist and a protocol tailored accordingly.