YOUR GUTMAP

# Parasitology

## Test Report

**Name : Example Report**

**Kit ID :**

YOUR GUTMAP

# Gastrointestinal Test Report

| | | | |
|---|---|---|---|
| **sample ID:** | GMDC2209 | **Specimen:** | Fecal - Native |
| **Received Date:** | | **Completed Date:** | 26/11/2024 |

## Test Result

### Pathogenic Bacteria

| | | | |
|---|---|---|---|
| **Helicobacter pylori** | **Clostridium difficile** | **plesiomonas shigelloides** | **Salmonella** |
| not detected | not detected | not detected | not detected |
| **Yersinia enterocolitica** | **Campylobacter jejuni/coli** | **Vibrio cholerae** | **E. coli O157** |
| not detected | not detected | not detected | not detected |
| **Enteroaggregative E. coli (EAEC)** | **Enteropathogenic E. coli (EPEC)** | **Enterotoxigenic E. coli (ETEC) LT** | **Shiga-Toxin-producing E. coli (STEC)** |
| not detected | detected | not detected | not detected |
| **Enteroinvasive E. coli (EIEC)** | | | |
| not detected | | | |

### Viruses

| | | | |
|---|---|---|---|
| **Adenovirus** | **Astrovirus** | **Norovirus GI/GII** | **Rotavirus A** |
| not detected | not detected | not detected | not detected |
| **Sapovirus (I, II, IV, and V)** | | | |
| not detected | | | |

### Parasites

| | | | |
|---|---|---|---|
| **Cryptosporidium spp** | **Cyclospora cayetanensis** | **Entamoeba histolytica** | **Giardia lamblia** |
| not detected | not detected | not detected | not detected |

## Test Information

**Methodology:** Laboratory specimens associated with this report were analyzed using molecular techniques. Total nucleic acids were extracted from the submitted sample and analyzed by PCR amplification using real-time qPCR. Endogenous and exogenous controls run simultaneously with patient samples ensure the correct operation of the extraction and PCR steps of this assay

**Disclaimer:** Results should be used in conjunction with clinical findings, and should not form the sole basis for a diagnosis or treatment decision. Negative results do not preclude pathogenic infection and should not be used as the sole basis for patient management decisions. Negative results must be combined with clinical observations, patient history, and epidemiological information.

# Detected

## Enteropathogenic E. coli (EPEC)

**About**

Enteropathogenic Escherichia coli (EPEC) is a leading cause of infantile diarrhoea in developing countries. In industrialised countries, the frequency of these organisms has decreased, but they continue to be an important cause of diarrhoea. The presence of beneficial E. coli strains helps to prevent intestinal infections by competitively excluding pathogenic agents from binding to epithelial binding sites.

**Advice**

The intake of prebiotics (FOS, GOS, inulin, and lactulose) and probiotics (fermented foods and dietary supplements) has been shown to beneficially modulate the gut microbiome composition so that it favours beneficial Lactobacillus and Bifidobacteria and reduces E. coli. We recommend following the microbiome rebalancing foods to help rebalance the microbiome which will make the gut environment unfavourable to this parasite. Antimicrobials may be something to consider later down the line as it could also disrupt beneficial bacteria. Berberine 400mg seems to be a promising antimicrobial for this particular parasite(https://pubmed.ncbi.nlm.nih.gov/3549923/).In the meantime, you could suggest activated charcoal to minimise any toxins produced from the parasite (https://pubmed.ncbi.nlm.nih.gov/11307928/).

Our treatment and advice suggestions have been devised by Nutritional Therapists and Functional Medicine Practitioners. Any treatment protocol should only be undertaken under the supervision of a Healthcare Practitioner. For persistent and/or serious symptoms, it is recommended to speak to your Doctor.