

# Complete Digestive Stool Analysis (CDSA)



The Complete Digestive Stool Analysis (CDSA) is a functional test that provides an overview of the components of digestion, absorption, intestinal function and microbial flora, as well as identifying pathogenic bacteria, parasites and yeasts.

The CDSA is a non-invasive test providing invaluable information for the patient and practitioner in terms of understanding the role of poor digestive function in disease states. Poor digestive function and imbalanced gut flora may play a crucial role in the underlying cause of a number of health conditions. Symptoms such as constipation, diarrhoea, flatulence, bloating, abdominal discomfort and bad breath are all indicative of poor gut function.

## CDSA Levels 1-5

CDSA Tests	Bacteriology	Mycology (Yeasts)	Parasitology	3 Day Parasitology	Short Chain Fatty Acids	Biochemical markers (pancreatic elastase, valerate/isobutyrate)	Sensitivities (bacteria/yeasts)
CDSA Level 1	✓	✓	✓				
CDSA Level 2	✓	✓	✓		✓	✓	
CDSA Level 3	✓	✓	✓		✓	✓	✓
CDSA Level 4	✓	✓	✓	✓	✓	✓	✓
CDSA Level 5	✓	✓	✓	✓			✓

### Test Kit

After the practitioner has provided a request form, the patient can order their CDSA test kit online, or by calling Australian Clinical Labs Functional Pathology customer service on 1300 55 44 80 between the hours of 9:00am and 5:00pm AEST. Each test kit contains full instructions.

### Specimen Requirements

- CDSA Levels 1-3 require one stool collection.
- CDSA Level 4 and Level 5 require stool collections on three consecutive days.
- Test kits contain all items required to complete this test.

### Children

The CDSA Levels 1-5 are suitable for children

### Patient Preparation

- Patients must follow their usual diet prior to collecting a stool specimen

### Turnaround Time

The standard turnaround time for this test is 14 working days from the date the patient's specimens are received at our laboratory.

### Test Results

Patient results will be delivered via electronic download, unless requested otherwise. However, we can also issue results via fax and/or hardcopy.

### Technical Support

All Australian Clinical Labs Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Australian Clinical Labs Functional Pathology also has experienced Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55



- The stool specimen must be collected in the morning, where possible

44 80 between 9.00am and 5.00pm AEST or email  
csfp@AustralianClinicalLabs.com.au

### Companion Tests

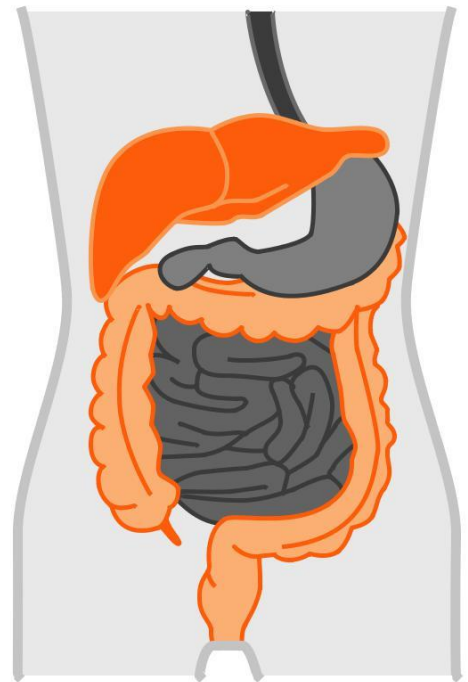
- **MyDNA**
- **Intestinal Permeability (IP)**
- **Secretory IgA (sIgA)**
- **IgG Food Sensitivity Profile**

The results of the Complete Digestive Stool Analysis (CDSA) may be further supported by additional Australian Clinical Labs Functional Pathology tests. For example, impaired liver function can contribute to problems with digestive transit time and digestion of fats. The specialised MyDNA test, provides the practitioner with valuable information in understanding the many causes of poor digestive function and imbalance.

The Intestinal Permeability (IP) test may also be a useful adjunct to the CDSA. Increased permeability of the endothelial lining of the gut may contribute to or be caused by poor digestive function. Combining the CDSA and the IP tests will provide a comprehensive overview of gut function and alert the practitioner to the additional need for gut repair.

The Secretory IgA (sIgA) saliva test is also recommended in conjunction with the CDSA as a deficiency of sIgA can contribute to increased gut permeability and patient susceptibility to food sensitivities and/ or allergies and pathogenic infection.

Food sensitivities will also contribute to digestive symptoms such as bloating, burping, flatulence, pain and deviation in normal bowel motions. The IgG Food Sensitivity Profile is a blood test which screens for IgG antibodies to a panel of foods. This test is recommended with the CDSA when food sensitivity is suspected as an underlying cause of digestive dysfunction.



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## Which Level Do I Choose?

Australian Clinical Labs Functional Pathology has an extensive range of Complete Digestive Stool Analysis (CDSA) tests to provide the practitioner and patient with greater flexibility in assessing gastrointestinal function. The following information differentiates CDSA Levels 1, 2, 3, 4 and 5 to assist in choosing the most appropriate test.

### CDSA Level 1

CDSA Level 1 is a comprehensive assessment of the microbiological environment of the gut. It includes Macroscopy, Microscopy, Bacteriology, Mycology (yeasts) and Parasitology. This test reports on pathogenic and imbalanced colonising organisms, as well as identifying the levels of beneficial flora. Choose this test when you suspect a gut infection or want to confirm/exclude dysbiosis

Turnaround time – 14 working days.

### CDSA Level 2

CDSA Level 2 comprises all components of the CDSA Level 1 and also incorporates important biochemical markers including pancreatic function, absorption of fats, carbohydrates and protein, pH and Short Chain Fatty Acids. This test provides an excellent assessment of digestive function and is the appropriate choice for patients presenting with suboptimal gut function.

Turnaround time – 14 working days.

### CDSA Level 3

CDSA Level 3 expands on the CDSA Level 2 with the addition of Sensitivity Testing. This means that when colonising bacteria or mycoses/yeasts are detected, they are tested against a panel of natural anti-microbial and prescription anti-fungal agents. Sensitivity testing identifies the most effective anti-microbial/anti-fungal treatment to use, which allows for a more accurate and cost effective treatment for your patient.

Turnaround time – 14 working days

### CDSA Level 4

CDSA Level 4 encompasses all CDSA markers and is the most comprehensive stool test. It includes all the benefits of a CDSA Level 3 and also a 3 Day Parasitology. This test is indicated when a comprehensive gut assessment and parasitology screen is required.

Turnaround time – 14 working days.

### CDSA Level 5

CDSA Level 5 includes Microscopy, Bacteriology, Mycology and a 3 Day Parasitology. This test reports on pathogenic and imbalanced colonising organisms, as well as beneficial flora over three consecutive days. Use this test when you suspect gut infection, parasitic infection or dysbiosis.

Turnaround time – 14 working days.

### 3 Day Parasitology

For practitioners wishing to screen for parasites only, a 3 Day Parasitology test is available. The literature indicates that testing over 3 consecutive days increases the likelihood of detection rates to 95%. Symptoms often associated with parasitic infection include acute watery diarrhoea, nausea, and abdominal pain and cramps, fatigue and weight loss.

Parasites commonly detected include Blastocystis hominis, Dientamoeba fragilis, Giardia lamblia, Endomilax nana and Entamoeba histolytica. Any other parasites that are present will also be reported.

Turnaround time – 14 working days.



