

Is the GI-MAP Test Right for Me?™

Understand what it measures and what to ask before deciding whether it is worth the cost.

What Is the GI-MAP Test?

A specialty stool test that uses quantitative PCR to detect DNA from selected microorganisms and reports additional markers related to digestion, inflammation and immune activity.



1 What It May Explore



- ☐ Selected bacterial, parasitic and viral pathogens
- ☐ *H. pylori* and selected virulence factors
- ☐ Selected commensal and opportunistic microbes
- ☐ Digestive, immune and inflammatory markers

2 What It Cannot Tell You Alone



- ☐ Whether every detected organism is causing symptoms
- ☐ The complete diversity of your microbiome
- ☐ Whether every flagged marker needs treatment
- ☐ The single cause of all your digestive symptoms

3 It May Be Worth Discussing If...



- ☐ You have persistent digestive symptoms
- ☐ Initial evaluation has not answered a focused question
- ☐ The result could meaningfully change the next step
- ☐ A qualified provider will review important findings

4 It May Not Be the Best First Step If...



- ☐ You want a general wellness or microbiome score
- ☐ Standard evaluation has not been considered
- ☐ No clear plan exists for using the results
- ☐ You have warning signs needing medical evaluation

Questions to Ask Before Ordering

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| ☐ What specific question are we trying to answer? | ☐ Who will interpret pathogens or inflammation markers? |
| ☐ Could standard testing answer it first? | ☐ Which add-ons are truly relevant? |
| ☐ How would the result change my next step? | ☐ What is the total cost, including follow-up? |



Important to Know

Detecting microbial DNA does not always prove active infection or explain symptoms. Some findings may need confirmation with standard medical testing.



Seek Medical Care First For

Blood or black stools, unexplained weight loss, fever, severe pain, persistent vomiting, dehydration or rapidly worsening symptoms.



Gentle Reminder

More microbial data does not automatically create more clarity. The test is most useful when it answers a focused question and guides a meaningful next step.

Martine's Midlife Wellness Tip

Ask, "What would we do differently based on the result?"
If the answer is unclear, pause before ordering.