

I Have My GI-MAP Results. Now What?™

Use this calm step-by-step process to organize the report without treating every flag.



Begin With Your Original Question

Why did you take the test? Write down the symptoms or concerns you hoped it would help you understand.



1 Review It in a Useful Order

- ☐ Start with reported pathogens and *H. pylori*
- ☐ Review digestive and inflammatory markers
- ☐ Look at commensal and opportunistic microbes last
- ☐ Read all laboratory comments



2 Choose Three Findings

- ☐ Highlight no more than three results
- ☐ Note whether each is detected, high or low
- ☐ Write down what the report says it measures
- ☐ Remember that DNA detection is not always active infection



3 Add Your Real-Life Context

- ☐ Current symptoms and bowel patterns
- ☐ Recent illness, travel or food exposure
- ☐ Medications, antibiotics and supplements
- ☐ Previous stool, blood or digestive testing



4 Decide What Needs Follow-Up

- ☐ Could collection conditions affect the result?
- ☐ Does an important finding need confirmation?
- ☐ Would it meaningfully change the next step?
- ☐ Which questions remain unanswered?



Helpful Self-Guided Steps

- ☐ Learn what each report section measures
- ☐ Track symptoms and bowel patterns
- ☐ Gather previous results
- ☐ Support regular meals, hydration and sleep



Avoid Doing Alone

- ☐ Starting prescription antimicrobials
- ☐ Treating every detected organism
- ☐ Removing many foods at once
- ☐ Building a large supplement protocol



Seek Medical Guidance If...

The report shows a pathogen, occult blood or a concerning inflammatory marker, or you have blood or black stools, fever, unexplained weight loss, severe pain, dehydration or worsening symptoms.



Gentle Reminder

The GI-MAP report can support learning and pattern recognition, but it does not prove that every detected organism is causing symptoms.

Martine's Midlife Wellness Tip

Write down the three findings you understand, the three you do not and the one next step that feels most useful.