

Quick guide: “Where to start?”

Step-by-step pathway for parasite and GI diagnostics at KAZMED

Are you experiencing discomfort or pain in the gastrointestinal tract, or would you like to rule out parasites?

In this section, you will find a step-by-step guide on where to begin diagnostics and how to properly prepare for testing. At KAZMED, we have created a convenient pathway so you can undergo parasite testing as accurately and comfortably as possible.

STEP 1

Initial parasite testing

We recommend starting with a microscopic stool examination for 22 types of helminths and protozoan cysts.

This method helps detect common parasites that can affect overall health and the gastrointestinal tract.

If needed, the doctor may order PCR or ELISA tests to clarify the diagnosis.

Before submitting your sample, be sure to read the specimen collection instructions.



STEP 2

Parasitologist consultation

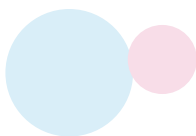
After receiving your results, you can schedule an appointment with our infectious disease specialist and parasitologist, who will:

- Interpret your test results
- Order additional tests if necessary: coprology, Colonoflor, calprotectin, etc.
- Develop a personalized treatment and recovery plan



Important

If you already have a referral from another doctor, you can take the required tests immediately without a consultation.



Results • doctor • personalized plan

STEP 3

Comprehensive GI evaluation

For a more in-depth evaluation, we can offer:

Coprology

assessment of food digestion and inflammatory processes

Pancreatic elastase

assessment of pancreatic function

Calprotectin

marker of inflammation

Colonoflor

assessment of gut microbiota, etc.



What's next?

All test results are discussed with the doctor and accompanied by personalized recommendations.

STEP 4

Personal health certificate

After completing a full diagnostic workup at the KAZMED Parasitology Center, you will receive a personalized Health Certificate confirming that you:

- Completed parasite testing
- Consulted a parasitologist
- Received a medical conclusion about your health status

[Want a certificate - how can I get one?](#)



When is it especially important to seek care?

If you or your child notice any of the following symptoms, we recommend undergoing diagnostics as soon as possible:

Chronic fatigue

Irregular bowel movements, bloating

Allergies, skin rashes

Teeth grinding, restless sleep

Weight loss, reduced appetite

Iron or B12 deficiency, or anemia

[Book diagnostics](#)