

## Instructions for Collecting Stool Specimens

In order for us to properly analyze your stool specimen, it is important you follow the directions listed below:

1. The collection kit consists of a plastic cup, labeled “disposable specimen cup” and a plastic bag containing **two -three** plastic vials. It is important to return all **three – four** specimen containers to the laboratory, so that the proper analysis can be done.
2. Collect a stool specimen in a wide mouth container, bedpan, clean newspaper or plastic bag placed over the toilet seat opening. Another method is to use Saran Wrap placed loosely over the toilet bowl so as to collect a stool specimen. It is important to prevent the stool specimen from falling into the toilet bowl and mixing with toilet water or urine.
3. The specimen you collect **must** be a watery or loose bowel movement. The specimen may contain mucus or blood, if present. A formed bowel movement will likely **not** find anything.
4. After collecting the stool specimen, pour it into the plastic “disposable specimen cup” and place **three to five spoonfuls** of stool into the smaller plastic vials.
5. Close cover on the “disposable specimen cup”. Then, thoroughly mix the specimens in the plastic vials and replace the cap and close tightly. Shake these small vials until the specimen is well mixed.
6. Label the vials with your name, date, and time of collection.
7. Place all containers in plastic bag or in a brown paper bag and label outside with the same information.
8. Wash your hand thoroughly with soap and water.
9. Bring the specimens directly to the laboratory as soon as possible. If there is a delay, leave specimens in refrigerator until brought to the laboratory.

If you have any questions, please do not hesitate to call either our office or the laboratory directly. Please remember that the chemicals in the plastic vials are **POISON**, and they should be kept out of reach of children, if they swallow inadvertently, drink a large amount of milk or water and call a **poison service (800-222-1222)**, doctor, or hospital immediately.