



## Patient Instructions for Stool Collection and Handling

The following instructions are intended to help you collect the correct specimen for the test your physician has requested. Read all the instructions carefully, make sure you are prepared, and follow each step described below to ensure proper collection.

1. Antacids, barium bismuth, anti-diarrhea medication or oily laxatives should not be used prior to collection of the specimen.
2. Collect the number of samples ordered by the physician. Do not collect more than one sample per day.
3. A stool sample container(s) (see below) and a collection /catching device (hat shaped white plastic) has been provided to you by your doctors' office.
  - a. For Ova and Parasite---Para-Pak SAF (plastic vial with yellow cap or Pink & Blue Set)
  - b. For Fecal Fat Quantitative (24-72 hr collection) testing collect in white container with brown cap.
  - c. For All other testing ----Sterile STARPLEX (plastic container with orange cap) no preservative.
4. The stool sample should not be contaminated with urine or toilet paper.
5. To collect stool in the plastic container (Hat) that is provided:
  - a. Lift the toilet seat.
  - b. Place the device over the toilet bowl.
  - c. Place the toilet seat down.
  - d. Pass the stool into the white plastic (hat) container.
6. Once stool is obtained, use a tongue depressor or wooden stick to remove a portion of the stool and place into the container provided. Collect any mucus or blood with the specimen(s).
  - a. To the Para-Pak container add stool to the "Red Fill Line".
  - b. To the Sterile orange cap container transfer portions of the stool but do not overfill.
7. Tighten the lid on the container to prevent leakage. Shake the container to mix the contents.
8. Complete the information requested on the container label. Make sure you include your full name, and the date and time you collected the specimen.
9. Place container(s) in plastic biohazard bag and seal.
10. Wash your hands thoroughly after collecting the specimen.
11. Specimen should be transported to the doctor's office as soon as possible. If a delay of more than two hours is expected, refrigerate the sample.

**Caution: SAF FIXATIVE CONTAINS FORMALDEHYDE.**

**The SAF fixative is a poison. Toxic by inhalation and if swallowed. Irritating to the eyes, respiratory system, and skin. May cause sensitization by inhalation or by skin contact. Risk of serious damage to eyes.**