

Methodist Health System

Stool Specimen Collection

- Antacids, barium bismuth, anti-diarrhea medication or oily laxatives should not be used prior to collection of the stool specimen.
- Collect the sample in a dry, wide-mouth plastic container or a large plastic bag, which is placed over the toilet seat opening. **DO NOT USE STOOL THAT HAS BEEN PASSED INTO THE TOILET OR WHEN IT IS MIXED (CONTAMINATED) WITH URINE.**
- Select a portion of stool and transfer to the appropriate container. Multiple vials can be filled from one stool sample.
- Parapak® Enteric Plus and Total Fix® vials are special kits that are used for preserving and transporting stool specimens. **The liquids contained in the kits are poisonous so it is extremely important to handle the containers with care. Do not drink the solution and keep the kits out of the reach of children. The vials have a designated fill line. Add enough stool to reach the line but do not overfill. Re-cap tightly and shake vigorously to mix the stool with the liquid.**
- Label all stool containers with your name, date of birth, date and time of stool collection. Place the containers in a Ziploc bag.
- Total Fix® (black vial) should be kept at room temperature. Refrigerate all other containers. Keep on cool packs during delivery. Specimens need to be delivered within 24 hours.
- This form is to provide collection instructions only. The physician must provide a written, signed order, which includes: patient name, date of birth, diagnosis/symptoms, and tests requested.

If you have any questions about the test, call the doctor that ordered the test or the Pathology Center at (402)354-4541 or (888) 432-8980.

Common Stool Tests

- Stool Pathogen Panel (PCR) [**vial has a green lid**]
- Culture Stool (intended as a test of cure only) [**vial has a green lid**]
- C. Diff (Clostridium Difficile Toxin reflex to PCR) [**sterile container**]
- O & P Screen (Giardia Ag & Cryptosporidium Ag) [**vial has black lid**]
- Occult Blood (RBC) [**sterile container**]
- Norovirus RNA Detection (Norwalk Virus) [**sterile container**]
- Fecal Lactoferin (WBC Fecal) [**sterile container**]
- Helicobacter pylori Antigen [**sterile container**]
- Calprotectin [**sterile container**]
- Fecal Elastase [**sterile container**]

Reviewed 11/2022 Nebraska Methodist Health System. All rights reserved. All content provided herein is for educational, informational and guidance purposes only and is not intended to serve as a substitute for individualized professional medical advice, diagnosis, or treatment. Nothing contained herein establishes or shall be used to establish the legal definition of the "standard of care." The content should be used as guidance and, since it may not be universally applied to all patients in all situations, healthcare professionals should use the content along with independent judgment and on a case by case basis.