

## What patients need to know before collecting a specimen:

- Special collection kits (Para-Pak vials) are required for GI PCR Panel Plus, ova and parasites, giardia and leukocytes. Kits are available at:
  - UHealth Laboratory – Garfield
  - UHealth Laboratory – Greeley Emergency
  - UHealth Laboratory – Greeley Hospital
  - UHealth Laboratory – Harmony Campus
  - UHealth Laboratory – Loveland
  - UHealth Laboratory – Medical Center of the Rockies
  - UHealth Laboratory – Poudre Valley Hospital
  - UHealth Laboratory – Windsor

## General preparation/collection requirements for all tests:

- Be sure the stool specimen does not mix with urine or water. Contaminated specimens cannot be tested.
- Following an enema, wait three days before collecting a specimen.

## Stool culture.

Prior to collection, wait for the effects of the following medications to pass: antacids, bismuth preparations (Pepto-Bismol), antidiarrheals, oily laxatives, suppositories, barium enemas.

## Giardia/cryptosporidium and rotavirus.

Grossly bloody (containing no visible stool) or very mucoid stool will not be accepted.

## Ova and parasite (O&P):

- If you have taken bismuth, kaolin, magnesia, castor oil or mineral oil, wait 7 - 10 days before collecting a specimen.
- Wait 7 - 10 days to collect a sample following barium enemas or upper GI imaging or gallbladder imaging with contrast.
- It is best to wait two to three weeks after finishing a course of antibiotics to collect a specimen.
- If your physician has ordered multiple O&P tests, wait 24 to 48 hours between specimen collections.

## Clostridium difficile (C. Diff).

No formed stool specimens will be accepted for clostridium difficile testing.

## H pylori.

- Avoid antibiotics, proton-pump inhibitors (e.g. Prilosec, Prevacid, Aciphex, Nexium) and bismuth preparations (i.e. Pepto-Bismol) two weeks prior to testing.

## How to collect and submit a stool specimen:

- Collect stool directly in a clean, dry container or on plastic wrap stretched across the toilet, which should then be placed in a clean, dry container. Label the container with your full legal name, date of birth, date and the time of collection.
- If you have a collection vial containing fluid, add stool until the total volume reaches the red line. You may collect specimens from separate bowel movements to fill the vial(s). Secure the lid tightly and shake well to mix thoroughly.
- Refer to the reverse side of this brochure for information regarding when the specimen should be returned to the lab.
- If you have questions or need additional information, please call 970.495.8757.

## How to collect and submit a stool collection from a child in diapers:

- Specimens submitted in a diaper will not be accepted.
- Line the inside of the diaper with plastic wrap so there is no contact of stool with the diaper.
- Stool specimens cannot be mixed with urine.
- Use a urine bag provided by the laboratory to prevent the stool from being contaminated with urine.
- Transfer the stool to the appropriate testing container. See the reverse side for collection-container details.

## Laboratory Services

\_\_\_\_\_  
Patient name

\_\_\_\_\_  
Date of birth

\_\_\_\_\_  
Phone number

\_\_\_\_\_ a.m./p.m.

\_\_\_\_\_  
Date and time of collection

### Please answer the following questions:

Have you recently taken any trips to coastal areas or out of the country?  Yes  No

If yes, where? \_\_\_\_\_

\_\_\_\_\_  
Are you currently taking antibiotics?

Yes  No

Are you currently receiving any type of chemotherapy?  Yes  No

### Remember to:

- Write your full legal name, date of birth, date and the time of collection on each container.
- Bring your labeled specimen, health care provider's orders, insurance card and this form to a UHealth Northern Colorado laboratory.

# Laboratories Stool-Collection Instructions



TEST	CONTAINER/SPECIMEN	TEMPERATURE	RETURN WITHIN*
<b>GI PCR Panel Plus</b> LAB8905 (includes stool culture) <i>Campylobacter, C. difficile Toxin A/B, P. Shigelloides, Salmonella, Vibrio, Vibrio cholerae, Y. enterocolitica, Enteraaggregative E. coli, Enteropathogenic E. coli, Enterotoxigenic E. coli LT/ST, Shiga-like Toxin-producing E. coli STX1/STX2, E.coli 0157, Shigella/ Enteroinvasive E. coli, Cryptosporidium, Cyclospora cayetanensis, Entamoeba histolytica, Giardia lamblia, Adenovirus F40/41, Astrovirus, Norovirus GI/GII, Rotavirus A and Sapovirus.</i>  <b>Stool Cultures</b> LAB8615 See patient preparation details on reverse side.	Orange Cardinal C&S Vial <i>Within 2 hours of collection, add only enough stool to bring liquid to the red line.</i>	Room temperature.	24 hours
		Refrigerated.	48 hours
<b>Leukocytes (WBCs Stool)</b> LAB4370	Orange Cardinal C&S Vial <i>Within 1 hour of collection, add only enough stool to bring liquid to the red line.</i>	Room temperature.	24 hours
		Refrigerated.	48 hours
<b>Giardia/Cryptosporidium</b> LAB8626 (Not needed if ordering GI PCR Panel Plus.)	Pink Para-Pak Vial <i>Within 30 minutes of collection, add only enough stool to bring liquid to the red line.</i>	Room temperature.	2 months or by vial-expiration date
	Orange Cardinal C&S Vial <i>Within 30 minutes of collection, add only enough stool to bring liquid to the red line.</i>	Refrigerated.	2 weeks
<b>Ova and Parasites</b> LAB955 See patient preparation details on reverse side.	Gray and Pink Para-Pak Vials <i>Within 30 minutes of collection, add only enough stool to bring liquid to the red line.</i>	Room temperature or refrigerated.	2 months or by vial-expiration date
<b>Occult Blood</b> LAB4468 (Diagnostic testing only.) <b>Occult Blood Screen</b> LAB4470 (Three-card series.) See patient preparation details in the kit.	Card specimen <i>Within 30 minutes of collection, apply stool to card.</i>	Room temperature.	10 days
<b>Rotavirus</b> LAB443 See patient preparation details on reverse side.	Fresh specimen	Refrigerate immediately. Transport on ice pack.	72 hours
<b>Clostridium difficile by PCR</b> LAB8930 (Included in GI PCR Panel) See patient preparation details on reverse side.	Fresh specimen <i>Specimen must be liquid to soft, conforming to the shape of the container.</i>	Refrigerate within 2 hours. Transport on ice pack.	2 hours (preferred) 4 days (acceptable)
<b>H. pylori Antigen</b> LAB397 See patient preparation details on reverse side.	Fresh specimen	Refrigerate within 2 hours of collection. Transport on ice pack.	72 hours
<b>Fecal Elastase</b> LAB3709	Fresh specimen	Refrigerated.	11 days
<b>Calprotectin</b> LAB3763	Fresh specimen	Refrigerated.	6 days
<b>Lactoferrin</b> LAB3642	Fresh specimen	Room temperature. Refrigerated.	1 week 2 weeks
<b>Fecal Fat Qualitative (Random)</b> LAB3652	Fresh specimen	Refrigerate within 1 hour of collection. Transport on ice pack.	2 weeks
<b>Norovirus</b> LAB5340	Fresh specimen <i>Specimen must be liquid to soft, conforming to the shape of the container.</i>	Refrigerate immediately. Transport on ice pack.	48 hours

See reverse side for general-collection instructions. \*Samples received by the Microbiology or Send Outs departments by the return within date will be accepted. **For optimal results, return samples to the lab immediately following collection.**