

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:

- UCHHealth Laboratory – Garfield
- UCHHealth Laboratory – West Greeley Emergency Center
- UCHHealth Laboratory – Greeley Hospital
- UCHHealth Laboratory – Harmony Campus
- UCHHealth Laboratory – Medical Center of the Rockies
- UCHHealth Laboratory – Poudre Valley Hospital
- UCHHealth 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 of each vial 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 and 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 UCHHealth Northern Colorado laboratory.

Laboratories Stool-Collection Instructions



TEST	CONTAINER/SPECIMEN	TEMPERATURE	RETURN WITHIN*
GI PCR Panel Plus LAB6320 (includes stool culture) <i>Campylobacter</i> , <i>C. difficile</i> Toxin A/B, <i>Salmonella</i> , Enterotoxigenic <i>E. coli</i> LT/ST, Shiga-like Toxin-producing <i>E. coli</i> STX1/STX2, <i>E.coli</i> 0157, <i>Shigella</i> /Enteroinvasive <i>E. coli</i> , <i>Giardia lamblia</i> , <i>Astrovirus</i> , <i>Norovirus</i> GI/GII, <i>Rotavirus A</i> and <i>Sapovirus</i> . Stool Cultures 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 the liquid to the red line.</i>	Room temperature.	24 hours
		Refrigerated.	48 hours
Leukocytes (WBCs Stool) LAB4370	Orange Cardinal C&S Vial <i>Within 1 hour of collection, add only enough stool to bring the liquid to the red line.</i>	Room temperature.	24 hours
		Refrigerated.	48 hours
Giardia/Cryptosporidium LAB8626	Pink Para-Pak Vial <i>Within 30 minutes of collection, add only enough stool to bring the 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 the liquid to the red line.</i>	Refrigerated.	2 weeks
Ova and Parasites 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 the liquid to the red line.</i>	Room temperature or refrigerated.	2 months or by vial-expiration date
Occult Blood LAB4468 (Diagnostic testing only.) Occult Blood Screen 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
Rotavirus LAB443 See patient-preparation details on reverse side.	Fresh specimen	Refrigerate immediately. Transport on ice pack.	72 hours
Clostridium difficile by PCR LAB2877 (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)
H. pylori Antigen LAB397 See patient-preparation details on reverse side.	Fresh specimen	Refrigerate within 2 hours of collection. Transport on ice pack.	72 hours
Fecal Elastase LAB3709	Fresh specimen	Refrigerated.	11 days
Calprotectin LAB3763	Fresh specimen	Refrigerated.	6 days
Lactoferrin LAB3642	Fresh specimen	Room temperature. Refrigerated.	1 week 2 weeks
Fecal Fat Qualitative (Random) LAB3652	Fresh specimen	Refrigerate within 1 hour of collection. Transport on ice pack.	2 weeks
Norovirus 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.