

# Stool Specimen Collection Patient Instructions

Stool studies are used to diagnose a variety of disorders and diseases of your gastrointestinal system. Proper collection and delivery of your specimen to the laboratory are an important step in your diagnosis and treatment. If you have any questions, please call the main laboratory at 970.871.2350.

## Collection of Sample for Testing

- Please obtain collection container(s) and transport bag from the main lab at UCHealth Yampa Valley Medical Center.
- It is important that the specimen is collected in a clean container and that there is no urine contamination—this will cause rejection of the specimen.
- Once the specimen is collected, tightly seal the container, remove the plastic “wings” and discard them.
- **Please be sure the container itself is labeled with the following:**
  - Your full name.
  - Your date of birth.
  - The date and time at which you collected the specimen.
  - Which doctor is ordering your test(s).
- Place the labeled container in the biohazard bag and deliver to the lab as quickly as possible. Samples can be delivered 24 hours a day, 7 days a week to the main laboratory at Yampa Valley Medical Center (YVMC).

The lab will NOT accept a specimen without this information on the container.

If you **CANNOT** deliver the sample to the lab **within 1 hour of collection** you will need to follow specific instructions for preservation based on the type of test your physician has ordered. Please see below for these test-specific instructions.

- **Ova and Parasite.** If not delivered within one hour place into Apacor AlcorFix preservative.
- **Stool Culture.** Fresh, diarrheal (not formed) stool. Refrigerated specimens will NOT be accepted. If not deliverable within 1 hour place in Cary Blair preservative.
  - Sample placed in Cary Blair can be kept room temperature or refrigerated.
  - Sample MUST be received in lab within 48 hours of collection.
- **Stool for WBCs.** Refrigerate if not deliverable within 1 hour.
- **Giardia Antigen.** Refrigerate if not deliverable within 1 hour.
- **Occult Blood.** If not deliverable within 1 hour place in HemaSure collection tube:
  1. Unscrew purple cap – do NOT pour liquid out.
  2. Poke spiral applicator into stool sample at 6 different locations.
  3. Do not scoop or fill collection tube – sample should cover the tip of the applicator.
  4. Screw applicator back into tube and shake well.
- **Clostridium Difficile Toxin (C.Diff).** Fresh, diarrheal (not formed) stool. Refrigerate if not deliverable within 1 hour.
- **Rotavirus.** If not deliverable within 1 hour freeze to -20°C or colder.
- **H-Pylori.** If not deliverable within 1 hour freeze to -20°C or colder.
- **Cryptosporidium.** If not deliverable within 1 hour freeze to -20°C or colder.

If you are transferring your specimen into preservative or other sterile containers, please make sure these containers are also labeled with your full name, date of birth, and the date and time of collection.

Contact the UCHealth Yampa Valley Medical Center laboratory at 970.871.2350 if you have any questions regarding sample collection or delivery.