

# C. Diff (Clostridium Difficile)

## Collection Instructions for St. Elizabeth Healthcare

For collection at home, follow your healthcare provider's instructions about how to collect the sample.

### Instructions:

- Wash hands before collecting sample.
- Place plastic "hat" on commode. Do not urinate in hat, or mix urine or toilet paper with sample. For stool collection only (do not retrieve stool sample from the toilet).
- Pour sample from hat into specimen cup, or use transfer device (paddle, wooden stick or plastic spoon) to place stool in provided plain container (no preservatives in container).
- Only send stool that meets Type 5 or higher per chart.



**Bristol stool chart**

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, Entirely liquid

- Place name and date of birth on the container. Keep paperwork separate from sample.
- Refrigerate sample and return to the lab within 24 hours.
- Wash your hands after collecting the sample.

All specimens must be delivered to the outpatient lab during business hours only. This reduces the chance of a recollect.

Your doctor will discuss the results of these tests with you on your return visit. If you have any questions regarding collection, you may call (859) 301-5649 or (859) 301-2170 for assistance.