

Laboratory Services

General Stool Collection

Your doctor has ordered some tests that require a stool (fecal, bowel movement) specimen. Below are instructions on how to collect a stool specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have ANY questions, be sure to ask your care provider for assistance.

Read through all instructions before beginning.

COLLECTION and TRANSPORTATION INSTRUCTIONS

- **Collecting the Specimen**
- Wash your hands with soap and water; rinse; dry with a paper towel.
- Urinate (void/empty bladder) into toilet BEFORE collecting stool specimen. The sample should NOT have urine mixed with the stool specimen.
- Use a wide mouth, leakproof container with a tight-fitting lid, or pass stool into a clean, dry bedpan and transfer stool into a clean leakproof container. For infants, do not collect stool specimens from diapers. Place a piece of plastic wrap between baby's bottom and diaper (or put a regular diaper on inside out) to catch stool. Do not use toilet paper to collect stool; it may contain barium salts which may affect the test results.
- Position the specimen container to catch stool. Pass stool directly into container. Specimens collected directly from toilet, are not acceptable.
- Do not overfill the specimen container.
- If you received individual vials (white, yellow and black) for collection, fill the vials by carefully removing the cap and using the attached spoon to pick up several spoonful's of stool especially from areas that are slimy, bloody or watery. Place the cap on the tube and twist it tightly. If you only have a small amount of stool place all of it in the white cap tube. Fill the yellow cap and black cap tubes next. These tubes contain liquid and must be vigorously shaken after the cap is sealed.
- For additional test instructions, please see chart on second page.
- With a paper towel, wipe off excess stool from the outside of the container.
- Wash your hands with soap and water; rinse; dry with paper towel.
- Label the specimen with patient's full name, date of birth, date/time of collection, and provider that ordered the sample.
- **Transport Instructions**
- Transport specimen to the laboratory promptly.
- Keep specimen cool, but do not refrigerate or allow to freeze.

Label the specimen with patient's full name, date of birth, date/time of collection, and provider that ordered the sample.

	Container	Stability	Temperature
Lactoferrin (Stool WBC)	Clean container as above, no preservatives, or Cary-Blair	Transport to Lab ASAP	Room Temp
Ova and Parasite (Regional)	Clean container as above, no preservatives, or Cary-Blair	Transport to Lab ASAP	Room Temp
Ova and Parasite (with travel history)	Place small amount of stool from above step into stool transport media provided, which has preservatives. ** (Colored lid, not white)	Transport to Lab within 24 hours	Room Temp
Enteric Bacteria PCR (Stool Culture)	Clean container as above, no preservatives, or Cary-Blair	Transport to Lab within 24 hours	Room Temp
C Difficile	Clean container as above, no preservatives	Transport to Lab ASAP	Room Temp
Rotavirus	Clean container as above, no preservatives	Transport to Lab ASAP	Room Temp
FIT- Colorectal cancer screen	FIT collection Kit- instructions in kit.	Mail back to Lab or provider will send with courier	Room Temp
Fecal Fat (Random)	Clean container as above, no preservatives	Transport to Lab ASAP	Room Temp
Fecal Fat (48 or 72 hours)	Please see Comprehensive Test Directory for specific (ARUP) collection instructions.	Transport to Lab ASAP	Room Temp
Pinworm Collection	See Separate Instructions		
Please do not overfill containers: for transport media provided please read through instructions. Transport media may contain poison. DO NOT DRINK			

Label the specimen with patient's full name, date of birth, date/time of collection, and provider that ordered the sample.
