

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

- The lab or clinician's office will provide you with containers and supplies for collecting a specimen.
- Your clinician may order any combination of tests on stool and may order them more than once. Please make sure every sample is completely labeled.
- Wash your hands with soap and water.
- Urinate (void/empty bladder) into toilet BEFORE collecting stool specimen. Stool sample mixed with urine will not be accepted by the lab.
- You will be provided with a plastic, stool collection 'hat'.
 - Place the collection hat on the toilet bowl rim.
 - Close the toilet seat on the hat. This will hold the hat in place.
- Pass stool directly into hat. Specimens collected directly from toilet bowl, 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 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.
 - Vials may contain liquid. Do not pour liquid out. Liquid is poisonous, DO NOT DRINK.
- With a paper towel, wipe off excess stool from the outside of the container.
- Wash your hands with soap and water.
- Complete the information requested on the container label.
 - **Label must include Last Name, First Name, Date of Birth, and Date and Time of collection.**

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Patient label must be complete and legible for the sample to be accepted by the laboratory.
Label must be attached to the container, NOT the lid.

Transport Instructions

- Place specimen container in sealed plastic bag or sealed secondary container.
- Transport specimen to the laboratory as soon as possible.
- Keep specimen cool, but do not refrigerate or allow to freeze.