

Stool Collection Instructions

There is no special preparation for this test/s. Tell your healthcare provider if you have recently completed a round of antibiotics or if you have traveled out of the country. Patients should not take any anti-diarrhea preparations (e.g., Imodium, Pepto-Bismol) or have had a barium enema within the previous 10 days.

****Label your specimen** containers with the following information. Specimen may be rejected if any information is omitted.

- your full name
 - date of birth or medical record number
 - date and time of specimen collection
1. Urinate before collecting the stool sample. Stool must not come in contact with urine or toilet-water.
 2. Collect stool in a clean, dry container provided by your healthcare provider. Toilet inserts “hats” may be obtained from laboratory services to aid in collection.
 3. Fill vials one at a time begin careful not to switch the color of the lids. When filling more than one container, add stool to the containers without liquid first. Liquid in the vial is poisonous. Keep out of reach of children and do not ingest the liquid.
 - Remove the cap on the vial. Use the scoop on the cap to add enough stool to bring the liquid level in the vial to the red fill line.
 - Choose fecal material that appears bloody and/or has mucous.
 - Replace the cap on the vial and shake it gently to mix the contents.
 - Stool must be added to the vials within 2 hours of collection.
 4. Return the container to your physician’s office or Guthrie Laboratory.



Stool Culture, Ova and Parasite Basic: Store the container **Refrigerated** and return to the lab within 72 hours of collection. Routine ova and parasite tests consist of one specimen tests for cryptosporidium and giardia. If you are immunocompromised, traveled to a foreign country or worms are suspected, an extensive ova and parasite test may be required.



Extensive Ova and Parasite=international travel: Store the container at **Room Temperature** and return to the office or laboratory within 72 hours.



Clostridium difficile (C. diff.), Chymotrypsin, IBD Panel (lactoferrin), Rotavirus
Collect at least 2 tablespoons of fresh stool and place in a specimen container. **Refrigerate** the container and return to the office or laboratory within 72 hours.



H. Pylori and Electrolytes
Place at least 2 tablespoons of fresh stool in each specimen container/s. **Freeze** the container/s and return to the office or laboratory within 72 hours. Frozen stool can not be thawed and divided.