

# Collecting a Stool Sample

## Patient Instructions

You have been provided one or more of the following containers:

Clean Vial (no liquid)

Stool Culture with Transport Medium – Cary Blair (pink liquid)

Ova & Parasites with Transport Medium – SAF Fixative (clear liquid)

**Fill all containers provided. Do not discard liquid.**

**1** Urinate into the toilet, if needed, prior to collecting stool sample.

**2** Lift toilet seat. Place plastic collection hat or wrap over the toilet bowl. Leave a slight dip in the center if using plastic wrap. A sterilized bedpan can also be used.

**3** Do not let water or urine contaminate the stool specimen.

**4** Using the spoon attached to the cap, place adequate amount of stool into each specimen container.

Container that is clean and empty: Add stool to the FILL LINE. **Tighten cap securely.**

Containers with liquid preservatives: Add 2-3 spoonfuls of stool until the liquid reaches the FILL LINE. **Tighten cap(s) securely and shake to mix.**

Do not over-fill the containers.

**5** Wash hands with soap and water. Write name, date of birth, and date and time of collection on each container label. Place the filled stool containers into the plastic bag and seal.

**6** Bring the specimens to the lab as soon as possible. Delays may affect test results.