

# Geisinger

## Collecting your stool for lab testing

Do not take antacids, oily laxatives or antidiarrheal medication before collecting your sample unless they are prescribed by a physician. If parasite analysis is to be conducted, avoid radiological examinations involving bismuth and barium as well.

The collection set you've been given may contain one, two or three vials. If you're collecting multiple specimens, collect them on consecutive days — not on the same day. **The liquid in the vials is poisonous. Do not drink or pour out liquid and keep it out of reach of children and pets.**

Wash your hands before beginning the procedure.

Collect your stool specimen (bowel movement) in any clean, dry, wide-mouthed container such as a bedpan or on a plastic plate, clean newspaper, plastic bag or clean diaper.

- Do not allow any water to mix with the specimen.
- Do not pass specimen into the toilet.
- Do not pass specimen directly into the collection vial.
- Do not urinate on the specimen or into the collection vial.

Stool samples must be transferred to the vials in the collection kit before being sent to the laboratory.

### Transferring to the vials

Carefully open the Total-Fix® vial (ova and parasite testing only) and/or the C&S Transport Medium vial (*Cryptosporidium*, *Giardia* and culture).

Using the spoon attached to the cap, add approximately 3 spoons full of firm stool or 5 spoons full of soft stool to each vial. Choose areas that appear bloody, slimy or watery. If the stool is firm, sample small amounts from each end and the middle of the specimen. Fill each vial until the liquid reaches the "fill line" indicated on the label.

**Note:** Hard stools are not acceptable for routine culture.

Use the spatula to mix the specimen and the liquid. Replace the spoon/cap on the vial it came from and shake until specimen and liquid are well mixed. Each spoon/cap must remain with its original vial.

Label vials with:

- Your name, date of birth and medical record number, if known
- Date and time specimen was collected
- Specimen number, if more than one was taken

Check the box that best describes your stool sample and be sure to note if the specimen was bloody.

Place the vial(s) in the original package and seal securely. Keep specimens refrigerated for storage and transport. Return them to the laboratory as soon as possible.

Wash hands thoroughly after you're done.

If any liquid from the vial or stool specimens gets into your eyes or onto your skin, rinse with plenty of water. Contact a physician if discomfort or irritation occurs.

If any liquid from the vial or stool specimens is swallowed, contact a physician or local poison control center **immediately**. Drink plenty of milk or water followed by a tablespoon of salt in a glass of warm water. Repeat until vomit is clear.