

## How to collect a stool sample

☑ Culture and Sensitivity

☑ Ova and Parasites

☑ Electrolytes, pH, Fat, Porphyrins

### What you need

- A clean empty plastic food container, **or**
- Plastic wrap



### What we give you

- Sterile sample container
- SAF Fixative sample container
- FecalSwab (Copan)
- One wooden stick
- Biohazard specimen bag

### To collect a sample

1. Write your full name and date of birth on each sample container.
2. Urinate (go pee) first then get ready to collect your stool sample.
3. Catch some stool one of these ways while having a bowel movement (going poop):
  - Hold an empty plastic food container under your bottom, **or**
  - Place some plastic wrap over the rim of the toilet.
4. Right after you collect the sample, put some stool in each of these sample containers:
  - **Sterile sample container** – Use the wooden stick to collect some stool. Put about one tablespoon (or the size of a walnut) of the stool into this container.
  - **SAF Fixative sample container** – Use the spoon attached to the lid. Put enough stool in this container to bring the liquid up to the 30 ML line (marked on the container). Do not overfill. Use the spoon to mix the sample in with the liquid.
  - **FecalSwab (Copan)** – Push the cotton-tip end into stool sample. Make sure the whole end touches the stool. Insert the cotton-tip end of the swab into tube. Rotate swab stick to mix stool with liquid media. Hold swab stick against tube and break the stick off at the red line.
5. Tighten the lids on each container.
6. Gently shake the FecalSwab and SAF containers to mix the contents.
7. Place the remaining stool sample in the toilet. Put anything you used to collect the sample in a plastic bag and put it in the garbage.
8. Wash your hands with soap and water.
9. Write the date and time of collection on the sample containers.
10. Place the sample containers in the biohazard bag.
11. Return the sample to the laboratory within 2 hours.



Try not to catch any urine while catching the stool sample.

**Do not** take the stool sample from the toilet bowl.

**Do not** let the sample touch the inside of the toilet.

**Do not** pour out or spill any of the liquid from the SAF Fixative or FecalSwab sample containers.

Can't get to the laboratory within 2 hours?

Keep the samples in fridge. Bring them in as soon as you can.