



Dear Patient,

Your doctor has ordered a laboratory test that will require you to collect a small sample of stool, place it in a transport container, and return it to the laboratory. Your doctor may have ordered either a single collection or multiple collections. Please follow the instructions on this sheet to ensure accurate results.

### HOW TO COLLECT A SAMPLE

- 1. Collect a sample of stool.** You may collect the sample in any clean, dry, disposable container. You may find it easier to collect the sample on plastic wrap placed under the seat, but suspended over the water of your toilet.
- 2. Transfer a portion of the sample to the transport container.** Once you have collected a stool sample, carefully unscrew the cap of the transport container. Using the scoop attached to the inside of the cap, transfer enough of the stool sample into the transport container to bring the fluid level inside the container up to the red line printed on the container label.
- 3. Re-cap the transport container securely and mix.** After you have transferred the stool sample into the transport container, replace the cap (with the scoop attached) onto the container. Seal the cap securely to prevent leaking. Shake the container firmly to mix the sample with the existing fluid in the transport container.
- 4. Label the transport container.** Be sure to label the container with your full name, as well as the date and time you collected the stool sample.
- 5. Deliver the transport container to the laboratory.** Bring the labeled container to the laboratory as soon after collection as possible. You may bring the sample to the laboratory where you received the transport container, or to any Clinical Laboratories of Hawaii site near you. Please be sure to bring the test requisition provided by your doctor along with the sample. If multiple samples are requested, bring each sample to the laboratory as soon after collection as possible.

### HELPFUL HINTS AND PRECAUTIONS

- Use care when handling the transport container when opened. The fluid in the container is both poisonous and flammable. **KEEP OUT OF REACH OF CHILDREN!**
- If your doctor has requested multiple samples, they should be collected on different days, rather than several movements from a single day.
- Avoid the use of antacids, barium, laxatives, or antidiarrheal medications prior to sample collections.
- Samples must not be contaminated with urine.