LEGACY HEALTH | LEGACY LABORATORY SERVICES

Patient Instructions for Collecting a Stool Sample

Please follow instructions carefully as the quality of your specimen is critical to the accuracy of your test results.

Caution: The contents of the container are

POISON

Keep out of reach of children.

If the fluid is accidentally swallowed, drink large amounts of milk or water and call your physician immediately.

NOTE: DO NOT use a laxative before collecting a stool specimen.

Use the special stool transport system for **Ova and Parasites** (Formalin, 10% and PVA fixative) and for **Stool Culture** (Enteric Transport C&S) provided by your physician or available at Legacy Laboratory Patient Service Centers.

1. Collect the stool in a clean wide mouthed container. Urine or water must not contaminate the sample. Urinate before collecting the stool specimen, if necessary.

2. Remove the vials from inside the plastic bag.

3. Open the vials carefully. Using the collection spoon attached to the vial cap, add enough stool until the liquid reaches the FILL line on the vial label, (approximately the size of a walnut). DO NOT OVERFILL the vials.

NOTE: Collect stool from areas that look bloody or have mucous.

4. Tighten the cap so the specimen cannot leak out and shake the vial until the mixture appears well mixed.

5. Label the containers with the patient name, date and time of collection. Store at room temperature until delivered to the laboratory. Return the specimen to a Legacy Laboratory location within 24 hours of collection.

Clostridium difficile testing:

Collect a fresh sample as above and place the sample in a specimen cup with no preservative. Specimen can remain at room temperature an hour but if delivery to the laboratory will take longer; the specimen needs to be kept cold **but not frozen**. Refrigerate specimen and transport with ice pack or ice cubes outside of stool container in separate bag if delivery will take longer than one hour of passing stool. Return to a Legacy Laboratory location within 24 hours of specimen collection.

If you have any questions about this procedure, call Legacy Laboratory Client Services.