

Instructions for stool testing (Giardia/Cryptosporidium detection, parasite exam comprehensive)

Do not use a laxative before collecting your stool sample.



1. Schedule an appointment at a Legacy Laboratory Patient Center. You must be able to drop off your samples within 24 hours. Find our locations and hours at www.legacyhealth.org/labservices or call 503-413-1234 or 877-270-5566.
2. Collect your stool in the clean, wide-mouth container. Urinate before collecting your stool, if needed. Do not get urine or water into your stool.
3. Open the two transport vials (pictured above) carefully. Be careful because the liquid inside the vials is poisonous.
4. Use the collection spoons attached to each vial's cap and move your stool into both vials. Fill each vial with your stool until the liquid reaches the "fill" line (about the size of a walnut). Try to use stool that has blood or mucous. Do not overfill.
5. Tighten each lid to the correct vial. The colors should match. Shake the two vials until the samples are well mixed.
6. Wash your hands for at least 20 seconds with soap and water.
7. Label each vial with the patient's full legal name, date of birth (DOB), and collection date and time.
8. Keep the two vials at room temperature. Do not put in the refrigerator or freezer.
9. When ready to drop off your stool samples, bring your ID, insurance card, doctor's lab order, and two stool samples.
10. Go to your chosen Legacy Laboratory location and check in. A Patient Service Center member will review your order and stool samples with you.



Caution: The liquid in the vial is poison.



Keep out of children's reach. If the liquid is swallowed, drink large amounts of milk and call your doctor immediately.