



## Patient Instructions for Collecting a Stool Sample (English)

Please follow instructions carefully, the quality of your specimen is critical to the accuracy of 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's full legal name (first and last name), date of birth or social security number, and 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 an unformed (liquid or soft diarrhea) fresh stool 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.

### Gastrointestinal Pathogen Panel by PCR

Collect stool as in above instructions but only use the one Enteric Transport C & S vial. Return the vial either at room temperature or refrigerated as soon as possible, preferably within one day.

### Special Orders:

- Any of the following orders: **Fecal Leukocytes, Helicobacter pylori stool antigen, Norovirus, Rotavirus, Fecal fat Qualitative** require stool in clean spill proof container with **NO** additives. Return sample to the laboratory within 1 hour of collection **or** refrigerate specimen and transport with ice pack or ice cubes outside the stool container in separate bag within 24 hours of collection.