

## PATIENT INSTRUCTIONS FOR COLLECTING STOOL SPECIMENS

### I. Purpose:

A small sample is collected from the patient's bowel movement to determine the presence of parasites or pathogenic bacteria.

### II. Preparation and UNACCEPTABLE Specimens:

- Collect stool samples **before** taking antibiotics, anti-diarrhea compounds (such as PeptoBismol, Imodium), barium, bismuth or mineral oil. Specimen collection should be delayed until effects have passed (7 days after barium and 2-3 weeks after medication is discontinued).
- Infants: Line the back half of the diaper with plastic wrap to collect the stool. An alternative is to put a disposable diaper on the child inside out and remove it immediately after the bowel movement. The skin should be cleansed of any lotions or powders. Diapers are not acceptable.
- Collect the number of samples ordered by the doctor. COLLECT ONLY ONE SAMPLE EVERY 24 HOURS.
- Leaking or contaminated containers will not be accepted.

### III. Collecting the Stool Sample:

Collect the fecal sample in a wide mouth container or on a clean plastic bag/wrap placed over the toilet seat opening as shown below. DO NOT USE STOOL THAT HAS BEEN PASSED INTO THE TOILET OR IF IT IS MIXED WITH URINE.



**CAUTION: The liquids in the vials are poisonous. Do not drink. keep out of the reach of children. If ingested, call the local poison control center. If solutions come into contact with the eyes or skin flush with water for 5 mins. See a physician if a rash or irritation develops.**

### IV. Place the Stool Sample in the Collection Vials as described below (*Physician: Place a check mark by the tests to be ordered*)

#### A. \_\_\_\_\_ GI PATHOGEN PANEL (Molecular Based for Bacteria, Viruses and Parasites)



- Open the vial (PARA-PAK® Enteric Plus (GREEN LID) and use the collection spoon built into the lid of the tube to place small scoops of stool from areas that appear slimy, bloody or watery and fill to the red line on the tube.
- Mix the contents of the tube with the spoon, then twist the cap tightly closed and shake vigorously until the contents are well mixed
- Write your first and last name, date of birth and date and time of when specimen was collected.
- Place in a plastic bag. Double bagging is recommended to avoid contamination. The paperwork (requisition or doctor's orders) should be placed on the outside of the bag.
- Wash your hands thoroughly after handling the specimen.
- Keep container at room temperature and transfer to the lab (address below) as soon as possible. Sample will be stable for 4 days in media.

**B. \_\_\_\_\_ TEST: OVPS (Ova & Parasite, Giardia/Cryptosporidium)--Sendout**



- Open the vial (PROTO-FIX PINK LID) containing the fixative. Use the collection spoon built into the lid of the tube to place small scoops of stool from areas that appear slimy, bloody or watery and fill to the red line on the tube. Stool must be placed in fixative within 30 minutes of collection
- Mix the contents of the tube with the spoon, then twist the cap tightly closed and shake vigorously until the contents are well mixed
- Write your first and last name, date of birth and date and time of when specimen was collected.
- Place in a plastic bag. Double bagging is recommended to avoid contamination. The paperwork (requisition or doctor's orders) should be placed on the outside of the bag.
- Wash your hands thoroughly after handling the specimen.
- Keep container at room temperature and transfer to the lab (address below) as soon as possible. Sample will be stable for 7 days in fixative.

**C. TEST: \_\_\_\_\_ CDIF (Clostridium difficile)/\_\_\_\_\_ ROTA (RotaVirus) / \_\_\_\_\_ HPYAG (Helicobacter Pylori) \_\_\_\_\_ SBLDB (Occult Blood) / \_\_\_\_\_ SFF (Fecal Fat, Semi-Quantitative) / \_\_\_\_\_ SRSUB (Reducing Substances, Fecal)**



- Open the sterile empty container (ORANGE LID). Fill it with a minimum of 10 mL of stool.
- ONLY LIQUID/LOOSE STOOLS ARE ACCEPTABLE FOR C.DIF TESTING.
- Write your first and last name, date of birth and date and time of when specimen was collected.
- Place in a plastic bag. Double bagging is recommended to avoid contamination. The paperwork (requisition or doctor's orders) should be placed on the outside of the bag.
- Wash your hands thoroughly after handling the specimen.
- **Transfer to the Lab within 2 HOURS at room temperature or if >2 hours refrigerate and deliver within 24 hours.**

**V. DELIVERY OF SPECIMENS TO THE LAB:**

The stool specimen can be taken to the following locations with all accompanying paperwork (**PLEASE INCLUDE A COPY OF THE LAB REQUISITION**) from your doctor:

**Oakview Medical Building**  
2727 South 144<sup>th</sup> St Suite 160  
Omaha, NE  
Phone: 402-778-5390  
Open 24 hours

**The Nebraska Medical Center Diagnostic Center**  
1<sup>st</sup> Floor of Durham Outpatient Center  
4350 Dewey Ave. Omaha, NE 68105  
Phone: 402-559-8780  
Hours: 5 a.m.- 8p.m (M-F) 5a.m.-1:30 p.m. (Sat/Sun)

Additional Information about these tests can be found on our on-line Test Directory at [www.reglab.org](http://www.reglab.org) or by calling **Customer Service at (402) 559-6420.**

981180 Nebraska Medical Center / Omaha, Nebraska, 68198-1180  
402-559-6420 / Toll Free: 800-334-0459 / FAX: 402-559-9497 / [www.reglab.org](http://www.reglab.org)