

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. GIP (GI Pathogen Panel--Molecular Based for Bacteria, Viruses and Parasites) STCULT (Stool Culture)



- 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 refrigerated and deliver to the lab (address below) as soon as possible. Sample must be returned to lab within 24 hours.**

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

B. _____TEST: OVPCY (Non-Foreign Travel) or _____OVPAR (Foreign Travel Only) (Ova & Parasite)



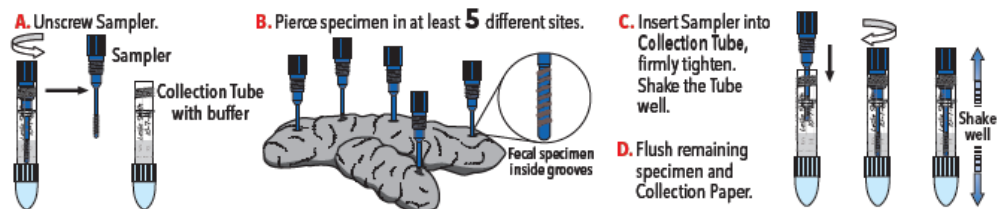
- Open the vial (PROTO-FIX Clear LID) containing the fixative. Use the collection spoon built into the lid of the tube to place small scoops of stool from areas that appear slimy, bloody or watery and fill to the red line on the tube. Stool must be placed in fixative within 30 minutes of collection
- 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 deliver to the lab (address below) as soon as possible. Sample will be stable for 7 days in fixative.**

C. TEST: _____STWBC (Stool WBC) / CDIF (Clostridium difficile)/
_____ROTA (RotaVirus) / _____HPYAG (Helicobacter Pylori) _____SFF (Fecal Fat, Semi-Quant) /
_____SRSUB (Reducing Substances, Fecal) _____GAEIA (Giardia) _____CRPTAG (Cryptosporidium)
_____CALFEC (Calprotectin)



- 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.
- **Deliver to the Lab within 2 HOURS at room temperature or if >2 hours, refrigerate and deliver within 24 hours.**

D. TEST: _____SBLDB (Occult Blood)



- **Keep container at room temperature and deliver to the lab (address below) as soon as possible. Sample will be stable for 6 days in collection tube.**

E. 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:

Regional Pathology Services Patient Service Centers/UNMC in Lincoln

300 N 44th Street, Suite 110

Lincoln, NE 68503

Phone: (402) 805-4803

Fax: (402) 805-4830

Hours: 7:00am-6:00pm Monday-Friday

4911 N 26th Street, Suite 108

Lincoln, NE 68521

Phone: (531) 530-1129

Fax: (531) 530-1130

Hours: 7:00am-8:30pm Monday-Friday

Regional Pathology Services Patient Service Centers/UNMC in Omaha

Oakview Medical Building

2727 South 144th Street, Suite 160

Omaha, NE 68144

Phone: (402) 778-5390

Fax: (402) 778-5391

Hours: 5:30am-8:00pm Monday-Friday

6:30am-5:00pm Sat, Sun and Holidays

UNMC Diagnostic Center

1st Floor of Durham Outpatient Center

The Nebraska Medical Center

Omaha, NE 68105

Phone: (402) 559-8780

Fax: (402) 559-8784

Hours: 6:00am-6:00pm Monday-Friday

6:30am-12:30pm Saturday

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