

Stool Collection Instructions

Blanchard Valley Health System Laboratory Services



Your provider has ordered laboratory testing to be performed on a stool sample. We want to make the process as simple as possible for you.

Provider Office

- Provider's office please check mark the container(s) & test(s) ordered

Patient

- **Please read all collection instructions prior to beginning.**
- All containers checked must be returned to the BVHS laboratory
- Return all collection containers to a BVHS laboratory location within 2 hours of collection. If this is not possible, refrigerate the specimens for up to 24 hours
- Samples may be dropped off during our normal operating hours only
- All specimen containers must be labeled with the patient's first and last name, date of birth, and the date & time specimen was collected

Clear Cup with Blue "Click Seal" lid

Listen for a "click" when tightening the lid!

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Fecal Lactoferrin (WBCs) | <input type="checkbox"/> H. Pylori | <input type="checkbox"/> Calprotectin |
| <input type="checkbox"/> Fecal Fat Qualitative | <input type="checkbox"/> Occult Blood | <input type="checkbox"/> Elastase-1 |
| <input type="checkbox"/> Clostridium Difficile (C.Diff)* | <input type="checkbox"/> Electrolyte & Osmolality Panel | |

*Must be unfrozen (takes the shape of the cup)



Culture & Sensitivity Transport Vial

- | | |
|--|---|
| <input type="checkbox"/> Enteric Pathogens DNA Panel | <input type="checkbox"/> Stool Culture - Send Out |
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Using the spoon provided in the cap of the vial, **immediately** following collection, extract a portion of stool (bits of blood or mucus are best) and place in vial. Fill until the liquid touches the the fill line. Invert to mix well. If any liquid spills out of vial, you must obtain a new vial and redo the process. Do not overfill.



ECOFIX Stool Transport Vials

- | | |
|--|--|
| <input type="checkbox"/> Ova & Parasites w/ travel history | <input type="checkbox"/> Cryptosporidium/Giardia Antigen |
|--|--|

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See reverse side for collection instructions

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Before You Collect Your Sample

- Collect your stool sample before any X-ray tests that use contrast material (like barium).
- Do not use creams or ointments on your bottom before collection. If your child has diaper rash, you may use cornstarch, petroleum jelly (Vaseline®), or Resinol®—these will not affect the test.
- Plan your collection so you can drop off the sample during laboratory operating hours.

How to Collect Your Sample

- Label your containers.
 - Write your name, date of birth, and the date and time of collection on each container.
- Wash your hands with soap and water.
- Set up your supplies in the bathroom so they're easy to reach.
- Place the collection hat on the toilet rim toward the back, then close the seat to hold it in place.
- Sit and have your bowel movement as usual.
 - Do not urinate on the stool or into the collection hat. Your stool cannot be mixed with urine or water.
 - If you miss the hat, do not take stool from the toilet water.
- After you finish, wipe as normal and throw toilet paper in the toilet—but do not flush yet.
- Put on gloves.
- Using a wooden stick or plastic spoon: Transfer at least a golf ball-sized amount of stool into the clear cup with the blue "ClickSeal" lid.
- If other vials are needed, use the spoon in the vial cap(s) to add stool until the liquid reaches the fill line (bits of blood or mucus are best).
 - Do not overfill.
 - Be careful, if any liquid spills out, you must obtain a new vial and redo the process.
- Tighten all lids so nothing leaks.
- Shake all vials with liquid in them to mix well.
- Flush the toilet.
- Throw away the collection hat, gloves, and spoon or tongue depressor in your regular trash.
- Remove gloves and wash your hands well.

Dropping Off Your Sample

- Bring all containers to any BVHS laboratory location within 2 hours of collection. If you can't, refrigerate them for up to 24 hours.
- Drop off samples only during lab hours (not at the Emergency Department).
- Find lab locations and hours at bvhs.info/laboratory or call 419-423-5318.
- When you arrive, check in with schedgistration to confirm your information.