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.

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 scoopfuls 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.**
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 scoopsfuls 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 4911 N 46th Street, Suite 108
Lincoln, NE 68503 Lincoln, NE 68521
Phone: (402) 805-4803 Phone: (531) 530-1129
Fax: (402) 805-4830 Fax: (531) 530-1130
Hours: 7:00am-6:00pm Monday-Friday Hours: 7:00am-8:30pm Monday-Friday

Regional Pathology Services Patient Service Centers/UNMC in Omaha
Oakview Medical Building UNMC Diagnostic Center
2727 South 144th Street, Suite 160 1st Floor of Durham Outpatient Center
Omaha, NE 68144 The Nebraska Medical Center
Phone: (402) 778-5390 Phone: (402) 559-8780
Fax: (402) 778-5391 Fax: (402) 559-8784
Hours: 5:30am-8:00pm Monday-Friday Hours: 6:00am-6:00pm Monday-Friday
6:30am-5:00pm Sat, Sun and Holidays 6:30am-12:30pm Saturday

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.