

Patient Collection Instructions - Stool Collection

Laboratory Specimen Home Collection

The laboratory specimen, which you are about to collect at home, is an important part of your healthcare information. Decisions important to **your** health may depend upon correct collection. Deliver your specimen as soon as possible to your doctor or to the laboratory (usually the site that gave you the container). Lab delivery locations: please see our website at spectrumhealth.org/locations. You may be asked by our registration staff to be registered and have a laboratory staff member approve your specimen and paperwork.

Patient Checklist

- Label specimen clearly to include
 - Patient's FULL Name (please no initials or nicknames)
 - Patient's Date of Birth
 - Time AND Date of Collection
- Return specimen(s) to your physician office or to the Outpatient Laboratory during regular business hours, stopping at the Registration desk when delivery the specimen.
- Fill out the Patient Specimen Information Form completely, if someone other than the patient will be delivering the labeled specimen.

Important Notes and Collection Instructions

- ✓ If you have several vials to fill, you may fill multiple vials from the same bowel movement as long as they don't have the same colored top.
- ✓ If collecting multiple specimens for Ova and Parasite, it is recommended that up to 3 specimens be collected over the course of 7—10 days. Successive specimens submitted on the same day will be rejected
- ✓ If collecting for Clostridium Difficile ("C-diff"), your stool must be liquid (watery). Soft or formed stools will be rejected. Contact your health professional if your stools are no longer liquid and they have ordered this test.
- ✓ Do not contaminate the stool specimen with urine or scoop sample from the toilet bowl.
- Collect the specimen in a dry, clean container. A common container is a clean disposable plastic (e.g. margarine tub) container
- Transfer the specimen to the testing vial(s).
 - ✓ If the stool is liquid, transfer the specimen by pouring it from the clean container into the testing vials. If the stool is solid, use the scoop provided with each vial, to transfer the specimen to the testing vials.
 - ✓ Stool Culture (colored cap) and O & P (colored cap) containers include a liquid. Fill the vial until the liquid reaches the line on the label. Do not overfill. Do not refrigerate these vials. Caution: This liquid is poisonous. Do not splash or spill. Keep out of the reach of children.
 - ✓ Collect all other tests in the Clean (white cap) container. Fill the vial to the line. Do not overfill. Refrigerate the Clean Vial (white cap) until ready to transport to lab.
- Label the containers with your full name, date of birth and date and time of collection. Be sure the caps are secured. Place containers in a paper sack.
- Deliver your specimen as soon as possible to your doctor's office or to the laboratory site

Contact Spectrum Health Regional Laboratory at 616.774.7721 with any questions. You may also contact this outpatient location (to be filled by laboratory staff) _____ phone number _____ initials _____