

24-/48-/72-Hour Stool Collection

Patient Instructions

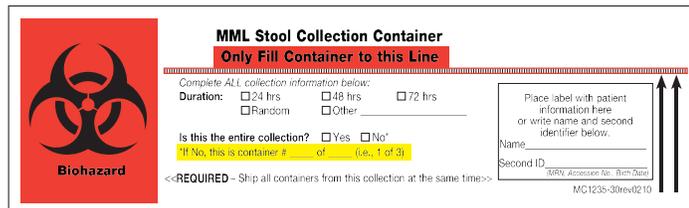
Please read this entire handout before you begin your stool collection.

Introduction

Your physician has requested that you collect stool for testing as part of your care. Important health decisions depend on the results of your stool test. The test must include all of the stool you pass during the collection period specified by your physician. Otherwise, the test will be inaccurate.

Contents of the Kit

- Two screw-capped stool collection containers
- One toilet adapter to hold the collection container in the toilet
- Two self-sealing biohazard bags for returning the collection containers



MML Stool Collection Container
Only Fill Container to this Line

Complete ALL collection information below:

Duration: 24 hrs 48 hrs 72 hrs
 Random Other _____

Is this the entire collection? Yes No
 If No, this is container # _____ of _____ (i.e., 1 of 3)

Place label with patient information here or write name and second identifier below:
 Name _____
 Second ID _____

WARR accession No: 80m 0000
 MC1235-30rev02 10

<<REQUIRED - Ship all containers from this collection at the same time>>

Use only the labeled collection containers. Return entire collection to the laboratory or any of the Eisenhower draw sites. Label containers X of X (example: 1 of 2, 2 of 2). This ensures proper handling and reporting of results to your physician.

Before the Start of Your Collection

1. If your stool will be tested for fat, follow any special instructions for your diet given by your physician. Start your diet 72 hours before you begin collecting stool.
2. For three days prior to and during the collection period:
 - Do not use laxatives, including mineral oil and castor oil.
 - Do not eat synthetic fat substitutes such as Olestra™.
 - Do not take fat-blocking supplements.
3. Barium interferes with test procedure. Stool collection should not be started until 48 hours after a barium enema.
4. If your stool will be tested for fat, follow any special instructions for your diet given by your physician. Start the diet **at least 72 hours** before you start collecting stool.



Keep the stool container(s) refrigerated during the entire collection process. If refrigerator space is a problem, you may keep the container cool by placing it in a bucket kept half filled with slush ice.

For any questions regarding these instructions, please contact Client Services at 760-773-1377.

**Complete the information below and return this form
with your Stool Collection Container and your physician's order.**

Patient Name _____ Date of Birth _____

Start Day _____ Time _____ a.m./p.m.

Stop Day _____ Time _____ a.m./p.m.

Recording Start and Stop Times

For your information and for laboratory documentation, please record your start and stop times above and on the container itself. Stop time is 24-/48-/72-hours after the start time depending on the duration requested by your physician (for example, start at 7 a.m. and finish at 7 a.m. the next day). The morning is recommended for starting your 24-/48-/72-hour collection.

Collection Instructions

1. Wash your hands before and after stool collection.
2. Label containers X of X (example: 1 of 2, 2 of 2). If it is anticipated more than one container will be needed, ensure you are using the first until it reaches the fill line before beginning use of the second and so on.
3. Lift the toilet seat, and place the toilet adapter across the rim of the toilet bowl. Place the adapter so the shorter support lies across the rear of the toilet bowl and longer support lies across the middle of the toilet bowl.
4. Remove the container lid from the collection container and place topside down on the counter keeping the inside of the lid sterile.
5. Place the container in the hole of the toilet adapter (Figure 1).

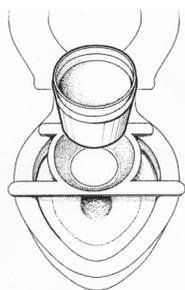


Figure 1. This top view of the toilet shows how the collection container slides into the ring of the toilet adapter. The shorter support of the adapter lies across the rear of the toilet bowl rim. The longer support lies across the middle of the toilet bowl rim. The toilet seat is up.

6. Put the toilet seat down (Figure 2). The closed end of the container should rest in the water or just above it. Depending on the water level in the toilet and the shape of the toilet seat, the collection container may float and rise. As you sit, align the container to be sure your stool goes into the container.

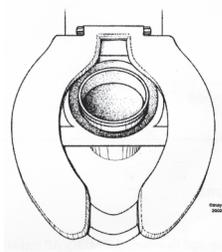


Figure 2. This top view of the toilet shows the toilet adapter holding the collection container in place. The toilet seat is down.

7. After your bowel movement, remove the container. Screw the cap onto the container and wipe dry the outside of the container.
8. Continue these steps adding stool to the container until it reaches the fill line or the collection time is completed. You may need to use multiple containers. If you prefer, keep the closed collection container in the refrigerator to lessen the odor. This will not affect your test results.
9. When your collection is complete, ensure the cap is screwed on evenly and tightly on the collection container. Discard the toilet adapter.
10. Place the specimen inside the biohazard bag and seal. Place biohazard bag along with this form and your physician's order inside white bag provided.
11. As soon as possible on the day you finish your stool collection, bring these items to any of Eisenhower Labtechniques draw site location listed below.
12. When you arrive please notify an Eisenhower staff member that you are dropping off a stool collection. Do not leave your stool collection container on the counter.

For any questions regarding these instructions, please contact Client Services at 760-773-1377.

Eisenhower Health Center at Sunrise
151 South Sunrise Way, Palm Springs
Hours: 7 a.m. -4 p.m., Monday-Friday

Dolores Hope Outpatient Care Center
39000 Bob Hope Drive, Rancho Mirage
Hours: 7 a.m. -5 p.m., Monday-Friday

Rancho Mirage Professional Plaza
72780 Country Club Drive, Building B,
Suite 200, Rancho Mirage
Hours: 7 a.m. -4:30 p.m., Monday-Friday

Eisenhower George and Julia Argyros Health Center
45280 Seeley Drive, La Quinta
Hours: 7 a.m. -5 p.m., Monday-Friday