



## Patient Preparation and Collection Instructions for Stool Testing

Your physician has requested that a stool specimen be collected for testing.

### **Prepare the toilet to make collecting your specimen easier:**

Raise the toilet ring. Place a small, clean, opened plastic garbage bag inside the toilet just as you would place the bag inside a garbage can. The bag should be over the rim of the toilet. Be careful not to get water in the bag. Lower the toilet ring to help hold the bag in place. Have bowel movement (BM) into the garbage bag-lined toilet. **Do not urinate into the bag.** Collect the BM sample from the bag as follows, again being careful to not get water in the bag containing the stool specimen.

### **For stool cultures, Ova and Parasite testing, GI Panel, Clostridium difficile testing or Helicobacter pylori testing:**

Using a plastic spoon or plastic disposable cup, scoop out the stool specimen and put into the cup provided by laboratory. (If a cup was not provided use a clean, dry plastic container with a secure lid.) Close the lid securely and place the container in a zip lock bag. Throw away the item used as a scoop. **Store the bagged container in the refrigerator. Do not freeze. Bring the specimen to the laboratory within 24 hours of collection for testing. Label the container with your name, date of birth and date and time of collection.**

Empty any remaining BM from the garbage bag into the toilet. Place the dirty garbage bag inside another garbage bag and throw it in the trash. Wash your hands thoroughly with soap and water

**Please note:** The use of butt creams will affect some tests. Please remove the butt cream prior to collecting stool specimen.

If you have any questions regarding collection of specimen please call your doctor's office or Athens-Limestone Hospital Laboratory, 256-233-9131.