Patient Instructions for Stool Collection

*Clostridium difficile* Collection Instructions
Please read all instructions before you begin your stool collection.

Contents of Collection Kit:

- Kit consists of 1 vial (red-capped) which contains a *poisonous* liquid. Do not drink. Keep the vial out of the reach of children.

Collection Instructions:

- Stool should be passed into a clean, *DRY*, plastic container.
- Open vial containing liquid. Using the collection spoon built into lid of vial, place stool into vial until contents rise to the red line. **DO NOT OVERFILL.**
- Mix contents of vial with spoon. Twist the cap tightly closed and shake vial vigorously until contents are well mixed. **CHECK THAT CAP IS TIGHTLY CLOSED.** Store this vial at room temperature.
- If your kit contains a clear vial with no liquid, fill it to red line with stool. Refrigerate **this** vial only. See “Stool for Culture Collection Instructions.”
- **Label all vial(s) with patient’s first and last name, and collection date and time.**
- Return collection kit to the Outpatient Testing Registration area within 3 days of last collection.
**Cryptosporidium/Giardia Collection Instructions**

Please read all instructions before you begin your stool collection.

**Contents of Collection Kit:**

- Kit consists of 1 vial (red-capped) which contains a **poisonous** liquid. Do not drink. Keep the vial out of the reach of children.

**Collection Instructions:**

- Stool should be passed into a clean, **DRY**, plastic container.
- Open vial containing liquid. Using the collection spoon built into lid of vial, **place stool into vial until contents rise to the red line. DO NOT OVERFILL.**
- Mix contents of vial with spoon. Twist the cap tightly closed and shake vial vigorously until contents are well mixed. **CHECK THAT CAP IS TIGHTLY CLOSED.** Store this vial at room temperature.
- If your kit contains a clear vial with no liquid, fill it to red line with stool. Refrigerate **this** vial only. See “Stool for Culture Collection Instructions.”
- **Label all vial(s) with patient’s first and last name, and collection date and time.**
- Return collection kit to the Outpatient Testing Registration area within 3 days of last collection.
Occult Blood Collection Instructions
Please read all instructions before you begin your stool collection.

Patient Preparation:

• Follow the “Special Diagnostics Diet” as instructed by physician for at least 72 hours prior to and during testing period.
  — Diet may include:
    • Meats—only small amounts of well-cooked chicken, tuna, and turkey
    • Vegetables—generous amounts of both raw and cooked vegetables including carrots, celery, corn, lettuce, and spinach
    • Fruits—plenty of fruits, especially apples and prunes
    • Cereals—bran and bran-containing cereals
  — Do not consume the following foods medications, and vitamins:
    • Meat—diet should not include any red (beef, lamb, etc.) or rare meat, including processed meats and liver for 3 days prior to testing.
    • Avoid raw fruits or vegetables containing high peroxidase activity such as broccoli, cantaloupe, cauliflower, horseradish, parsnips, and red radishes.
    • Avoid 7 days prior to and during testing, aspirin or other anti-inflammatory medicines.
    • Avoid 2 days prior to and during testing, use of rectal medicines.
    • Avoid 3 days prior to and during testing, any vitamin preparations which contain vitamin C (ascorbic acid or iron supplements which may contain quantities of vitamin C which exceed 250 mg per day from all sources, dietary and supplemental).*
  *Caution: Some iron supplements contain quantities of vitamin C which exceed 250 mg per day.
• Do not collect specimens during or until 3 days after your menstrual period, or while you have bleeding hemorrhoids, or blood in your urine.

Collection Instructions:

• Hemoccult® test requires only a small fecal specimen collected from 3 consecutive bowel movements or 3 bowel movements closely spaced in time. Collect specimen as follows:
  — Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.
  — Do not pass specimen into toilet, stool should be passed into a clean, dry, leakproof, sterile container. You may cover toilet with plastic wrap (Saran® Wrap) to catch specimen.
  — The front of collection card will say Hemoccult®; gently lift up flap where it says “Open tab only when ready to use.” Using the wooden applicator stick provided apply a thin smear of stool to the guaiac paper of the Hemoccult® slide labeled as “Section A.” Obtain a second specimen from a different area of stool and apply to “Section B.”
  — Close cover and secure under tab. Protect slides from volatile chemicals (eg, iodine or bleach). Keep cover flap of slides closed when not in use.
  — Label front flap with patient’s name (first and last) and date and actual time of collection.
  — Place in a plastic biohazard bag, and protect from heat and light. Hemoccult® slides may be prepared and stored up to 4 days at ambient temperature.
  Note: Do not collect specimen during or until 3 days after menstrual period, or while you have bleeding hemorrhoids or blood in urine
• Bulk fecal specimen is also acceptable. Collect as follows:
  — Collect fresh stool in a clean, dry, leakproof, sterile container with a tightly-fitting lid is also acceptable. Specimen must be fresh, (<12 hours preferred, but not >24 hours old) when received in the laboratory.
  — Label container with patient’s name (first and last) and date and actual time of collection.
  — Place in a plastic biohazard bag, and protect from heat and light
Ova and Parasite Stool Collection Instructions

Please read all instructions before you begin your stool collection.

Contents of Collection Kit:

- Kit consists of 2 vials (blue-capped and yellow-capped) which contain a poisonous liquid. Do not drink. Keep vials out of the reach of children.

Collection Instructions:

- Stool should be passed into a clean, DRY, plastic container.
- Open vial containing liquid. Using the collection spoon built into lid of vial, place stool into vial until contents rise to the red line. DO NOT OVERFILL.
- Mix contents of vial with spoon. Twist the cap tightly closed and shake vial vigorously until contents are well mixed. **CHECK THAT CAP IS TIGHTLY CLOSED.** Store this vial at room temperature.
- If your kit contains a clear vial with no liquid, fill it to red line with stool. Refrigerate this vial only. See “Stool for Culture Collection Instructions.”
- **Label all vials with patient’s first and last name, and collection date and time.** Also check the box on label which describes the consistency of specimen (formed, loose, soft, or watery).
- Return collection kit to the Outpatient Testing Registration area within 3 days of last collection. For ova and parasites you may be collecting specimens for 3 consecutive days.