

How to Collect and Transport Stool Samples for Ova and Parasites, Culture and Susceptibility Studies

You must properly collect and transport stool samples in containers from a hospital, clinical lab or your physician. This ensures test results for the samples are valid.

Your physician may order more than 1 stool sample. This will test for parasites as well as bacteria (culture). If they do, you must return your sample in the appropriate containers.

There are tests, treatments and substances that can affect stool sample tests, including:

- Mineral oil
- Castor oil
- Iodine
- Barium X-ray dye
- Gall bladder X-ray dye
- Antibiotics

If you had any of these within the past 3 weeks, tell your physician before you collect a sample.

Collecting and transporting stool samples

The container for stool samples has fluids in it to help preserve your sample. It comes with a spoon for mixing.

Make sure your name and date of birth are on the container.

1. Collect a sample by passing stool:
 - Onto a clean paper plate
 - Onto plastic wrap that is placed between the toilet seat and the toilet bowl
 - With a commode pan

If you are collecting a sample from a baby:

- Put a diaper on them inside out
 - Line the diaper with plastic wrap
2. Do this step as soon as possible. Choose a part of the stool sample that looks bloody, slimy or watery. Put that part in the appropriate vial. If your sample looks normal, put any part of it in the appropriate vials. Fill up the vial until the sample and fluids reaches the red line on the side of the vial.
 3. Mix what is in the vial with the container spoon. Twist the vial lid closed. Shake it until it is mixed well.
 4. Write the date and time that you collected the sample on the container.
 5. Keep your sample at room temperature and return to the lab within 24 hours of collection.

Do **not** return a sample that has been touched by urine or toilet water.

Visit healthlabtesting.com
or scan the QR code
to see locations and hours.

