

# Patient Instructions for Stool Specimen Collection

This Stool Collection Kit will help you conveniently collect stool specimens. The following instructions will assist you in the correct collection technique enabling the laboratory to provide accurate results and avoid costly repeat testing.

***O & P testing uses a special collection vial, ECOFIX. This vial can be picked up at the Outpatient Laboratory Services site or the Main Laboratory inside the hospital.***

**PLEASE NOTE:** Substances and medications such as mineral oil, barium, bismuth, antibiotics, anti-malarial, and non-absorbable antidiarrheal preparations interfere with the detection of intestinal protozoa. Intestinal protozoa may be undetectable for one to several weeks after administration of any of these substances. Specimen collection should be performed after seven days in the case of antibiotics or barium.

## **IMPORTANT: Please read and follow all instructions.**

1. This Stool Collection Kit contains two vials. **Provide specimen for A & B.**
  - a. Clean empty vial (white)
  - b. Cary Blair media (green lid).
  - c. PROTO-FIX CLR preservative (white lid) – **No Longer Used - Discard**
  - d. Zn-PVA preservative (gray lid) – **No Longer Used - Discard**

### **PLEASE!**

- i. **DON'T** urinate on the specimen or in the collection container.
- ii. **DON'T** urinate in the vials.
- iii. **DON'T** pass the specimen directly into the vial.
- iv. **DON'T** pass the specimen into a toilet.



**Preservative is POISONOUS  
-DO NOT DRINK -  
KEEP OUT OF REACH OF  
CHILDREN**

2. The stool should be passed into a clean, **DRY** container. Use a bed pan or place a large plastic bag into a waste basket to catch the specimen.
3. Open the vial containing the liquid. Using the collection spoon built into the lid the vial (or the wooden sticks, if supplied), place small scoopfuls of stool from areas which appear bloody, slimy or watery into the vial **until the contents rise to the red line**. If the stool is formed (hard), please try to sample small amounts from each end and the middle.
4. Mix the contents of the vial with the spoon, then twist the cap tightly closed and shake the vials containing preservative vigorously until the contents are well mixed.
5. The clear vial has no liquid in it. Fill it to the 5mL gradient line (bottom of label).
6. Check all caps to be certain they are tightly closed. Store vial at room temperature.
7. **Mark the labels on the tubes with the identification information requested below:**

1. **FULL NAME**
2. **DATE OF BIRTH** (ID Number)
3. **DATE OF COLLECTION**
4. **TIME OF COLLECTION**

9. Wash your hands thoroughly. If any liquid from the tube gets on your skin or in your eyes, flush with plenty of running water. If irritation develops, consult a physician.

**Return your specimen within Two hours of collection to;**

- Outpatient Laboratory Services site, 210 Sunnyview Ln, Ste. 106, M-F, 7 am to 4:45 pm
- Or after hours to the Main Laboratory (Inside the Hospital)

**ANTIDOTE IF SWALLOWED:** Dilute by drinking 2-4 glasses of water, immediately contact an emergency facility, poison information center, or a physician to receive medical attention. Save the reagent vial; label information will be helpful for determining appropriate medical treatment.