

Stool Collection Instructions

Staff:

- Hand label patient's legal name and DOB on the 3 containers for stool collection using color coded patient stickers/labels.
- Give to patient: 3 hand labeled containers, stool hat/container, and instructions
- Show the fill lines on the vials and explain the vials have a scoop inside vial's lid
- Instruct patient: Registration occurs when the samples are returned

Stool collection kit contains:

- Patient instruction material document
- A plastic holder to hold the collection container in the toilet
- A plastic container to obtain the raw specimen
- Gloves
- Tongue Depressor used for stool transfer
- Three screw-capped stool collection containers
 - Cary Blair vial – green lid/ pink fluid
 - Sterile container – orange lid
 - ECOFIX Stool Transport Vial – green lid/green fluid

Patient:

Collect stool for testing

Your health care provider wants you to collect stool for testing as part of your health care. Important decisions depend on the results of your stool test. If you have questions about why you are collecting stool or your stool test, contact your health care provider.

Recollection required if:

- Unlabeled sample
- Quantity not sufficient
- Wrong Containers submitted- we need all 3
- Formed stool for Clostridium Difficile testing
- Stool contaminated with Urine

Before you start

For 72 hours before you start collecting stool and during the time you collect stool:

- Do not use laxatives, including mineral oil and castor oil.
- Do not eat synthetic fat substitutes such as Olestra™.
- Do not take fat-blocking nutritional supplements.
- 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.
- If you have a barium enema, wait until 48 hours after the enema before you start collecting stool. Barium interferes with stool testing.

Collecting stool instructions




1. Lift the toilet seat. Place the plastic stool collection “hat” holder across the rim of the toilet bowl so the shorter supports are at the back of the toilet bowl and the longer supports are in the middle of the toilet bowl.
2. Remove the cap from the collection container.
3. Put the toilet seat down. Depending on the water level in the toilet and the shape of the toilet seat, the collection container may float and rise.
4. Do NOT collect urine. Urine will contaminate the stool testing.
5. After your bowel movement, remove the collection container. Place the lid onto the container and wipe dry the outside of the container.
6. Using the scoop inside a green vial, add stool to each of the 3 containers. Alternatively, the tongue depressor can be used to move stool into the collection containers. There is a fill line on the vials.
Do not overfill.

NOTE: It is important that you transfer the stool to the 3 containers immediately after obtaining sample.

7. Screw the caps evenly and tightly onto the containers.
8. Write the Date and Time of collection on the containers.
9. Return the samples to the MBMC Laboratory within 24 hours. Registration will occur upon delivery. See locations hours below.

***Please make sure that all specimen vials/containers are labeled with:**

- ***Patient’s legal name - first and last***
- ***Date of birth***
- ***Date/Time of collection of the stool sample***

		
CARY BLAIR- pink fluid	STERILE CUP	ECOFIX- green fluid

MBMC Campus Outpatient Laboratory Main Entrance	MBMC Campus Professional Building B Suite 112B	Outpatient Center at Sunset Hills 3844 S Lindbergh Blvd, Suite 110 Sunset Hills, MO 63127	Outpatient Center at Chesterfield 15838 Fountain Plaza Dr, Suite B Chesterfield, MO 63017
Monday – Friday: 6:30am - 5:00pm	Monday – Friday: 7:30am – 4:30pm	Monday – Friday: 6:30am – 5:00pm	Monday-Friday: 8:00am – 4:30pm
Saturday/Sunday: 6:00am – 2:30pm	Saturday/Sunday: Closed	Saturday/ Sunday: Closed	Saturday/Sunday: Closed