

# Patient Instructions for Collection of Stool for Culture

The following instructions are intended to help you collect the correct specimen for the test your doctor has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection

## Collection procedure:

### Note:

- Avoid barium, oil, or magnesium before a stool collection
- If three specimens are to be collected, collect them on three different days. Bring the samples to the lab after each collection.

## Before you start:

- Obtain an Enteric Pathogen Vial from the laboratory. The container contains a preservative. A collection spoon is attached to the lid of this container.
- You will also need plastic wrap or a collection device provided by the Lab.
  
- Pass urine into the toilet
- Lift the toilet seat. Place sheets of plastic wrap over the toilet bowl, leaving a small dip in the centre (or use the collection device provided by the Lab). Place the toilet seat down
- Pass stool onto the plastic wrap (or collection device)
- Collect the specimen from the plastic wrap (or collection device) using the plastic spoon.
- Do not mix urine or water from the toilet bowl as this will affect the results
- Do not pass the stool specimen in the toilet bowl or the sample will be contaminated

Remove the container cap and transfer small portions of the stool into the container using the plastic spoon or stick. Do not transfer urine or water into the container.

Continue adding stool until it reaches the "Fill Line" on the container. Do not overfill the container.

Re-place the cap and tighten firmly. After replacing the cap, gently shake the container until the specimen is well mixed with the pink liquid.

Write your name, date of birth and date and time of collection on the container.

Return the specimen to the lab. If unable to return immediately, keep specimen refrigerated and return within 24 hours of collection.