

Patient Instructions for Collection of Stool for Ova and Parasites

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, kaolin, antibiotics and magnesium for at least five days prior to a stool collection.
- If three specimens are to be collected, collect them on three different days.
- Two specimens (in two different containers) must be collected each time.

Obtain a kit from the laboratory. These are prepared and supplied by a Public Health Laboratory.

Each kit contains three SAF containers for parasite investigation and three sterile containers.

Caution: SAF preservative contains Formaldehyde. This is poison, toxic by inhalation and ingestion. It is irritating to the eyes, respiratory system and skin.

You may collect the stool specimen:

- 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. Place the toilet seat down.
- Pass stool onto the plastic wrap
- 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 yellow capped container cap and transfer small portions of the stool into the container using the plastic sport attached to the lid.

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

Mix thoroughly with the fluid using the spork.

Replace the cap and tighten firmly. After replacing the cap, gently shake the container until the specimen is well mixed with the liquid.

Repeat the same process for the white capped containers.

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

All yellow capped containers can be stored at room temperature.

IMPORTANT: Please keep the white capped container refrigerated before it is submitted. If storage is necessary for greater than 72 hours, please freeze it.

Place container in biohazard bag provided.

Complete the enclosed Public Health Form. The laboratory staff will help you complete this when you return the specimens.