



Dear Patient,

Your doctor has ordered a laboratory test that will require you to collect a small sample of stool, place it in a transport container, and return it to the laboratory. Your doctor may have ordered either a single collection or multiple collections. Please follow the instructions on this sheet to ensure accurate results.

HOW TO COLLECT A SAMPLE

1. **Collect a sample of stool.** You may collect the sample in any clean, dry, disposable container. You may find it easier to collect the sample plastic wrap placed under the seat, but suspended over the water of your toilet.
2. **Transfer a portion of the sample to the transport container your physician has given you.**



If given this container, follow the directions above for collection and deliver to the lab as soon as possible. If you cannot deliver within one hour, please refrigerate the sample. There is no additive to this container and no mixing is necessary. Please be sure to label with your name and the date and time of collection.



If given this container, follow the directions above for collection, then unscrew the cap of the container and using the scoop attached to the inside of the cap, transfer enough of the stool sample into the transport container to bring the fluid level inside the container up to the red line printed on the label. Mix well, and transport to the lab within 48 hours. Keep the sample at room temperature. Please be sure to label with your name and the date and time of collection.



If given this container, follow the directions above for collection, then unscrew the cap of the container and using the scoop attached to the inside of the cap, transfer enough of the stool sample into the transport container to bring the fluid level inside the container up to the red line printed on the label. Mix well, and transport to the lab within 48 hours. Keep the sample at room temperature. Please be sure to label with your name and the date and time of collection.

3. **Deliver the transport container to the laboratory.** Bring the labeled container to the laboratory as soon after collection as possible. You may bring the sample to the laboratory where you received the transport container, or to any Clinical Labs of Hawaii site near you. Please be sure to bring the test requisition provided by your doctor along with the sample. If multiple samples have been requested, bring each sample to the laboratory as soon after collection as possible.

HELPFUL HINTS AND PRECAUTIONS

- Use care when handling the transport container when opened. The fluid in the container is both poisonous and flammable. **KEEP OUT OF REACH OF CHILDREN!**
- If your doctor has requested multiple samples, they should be collected on different days, rather than several movements from a single day.
- Avoid the use of antacids, barium, laxatives, or antidiarrheal medications prior to sample collections.
- Samples must not be contaminated with urine