



## PATIENT INSTRUCTIONS

### Home Collection

### Stool for WBCs

### Stool for Clostridium Difficile Toxin

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Dear Patient,

Your doctor has ordered a laboratory test that will require you to collect a small sample of stool, place it in a specimen cup, 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 on plastic wrap placed under the seat, but suspended over the water of your toilet.
- 2. Transfer a portion of the sample to the specimen cup.** Once you have collected a stool sample, unscrew the cap of the specimen cup. Using a plastic spoon or other disposable item, transfer a walnut sized portion of the stool sample into the sample cup. Do not contaminate the outer surfaces of the specimen cup with stool.
- 3. Re-cap the specimen cup securely.** After you have transferred the stool sample into the specimen cup, replace the cap. Seal the cap securely to prevent leaking.
- 4. Label the specimen cup.** Be sure to label the cup with your full name, as well as the date and time you collected the stool sample.
- 5. Deliver the specimen cup to the laboratory.** Bring the labeled cup to the laboratory as soon after collection as possible. You may bring the sample to the laboratory where you received the specimen cup, or to any Clinical Laboratories of Hawaii site near you. Please be sure to bring the test requisition provided by your doctor along with the sample. If multiple samples are requested, bring each sample to the laboratory as soon after collection as possible. Refrigerate sample after collection and deliver to the laboratory within 24 hours.

#### HELPFUL HINTS AND PRECAUTIONS

- 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.