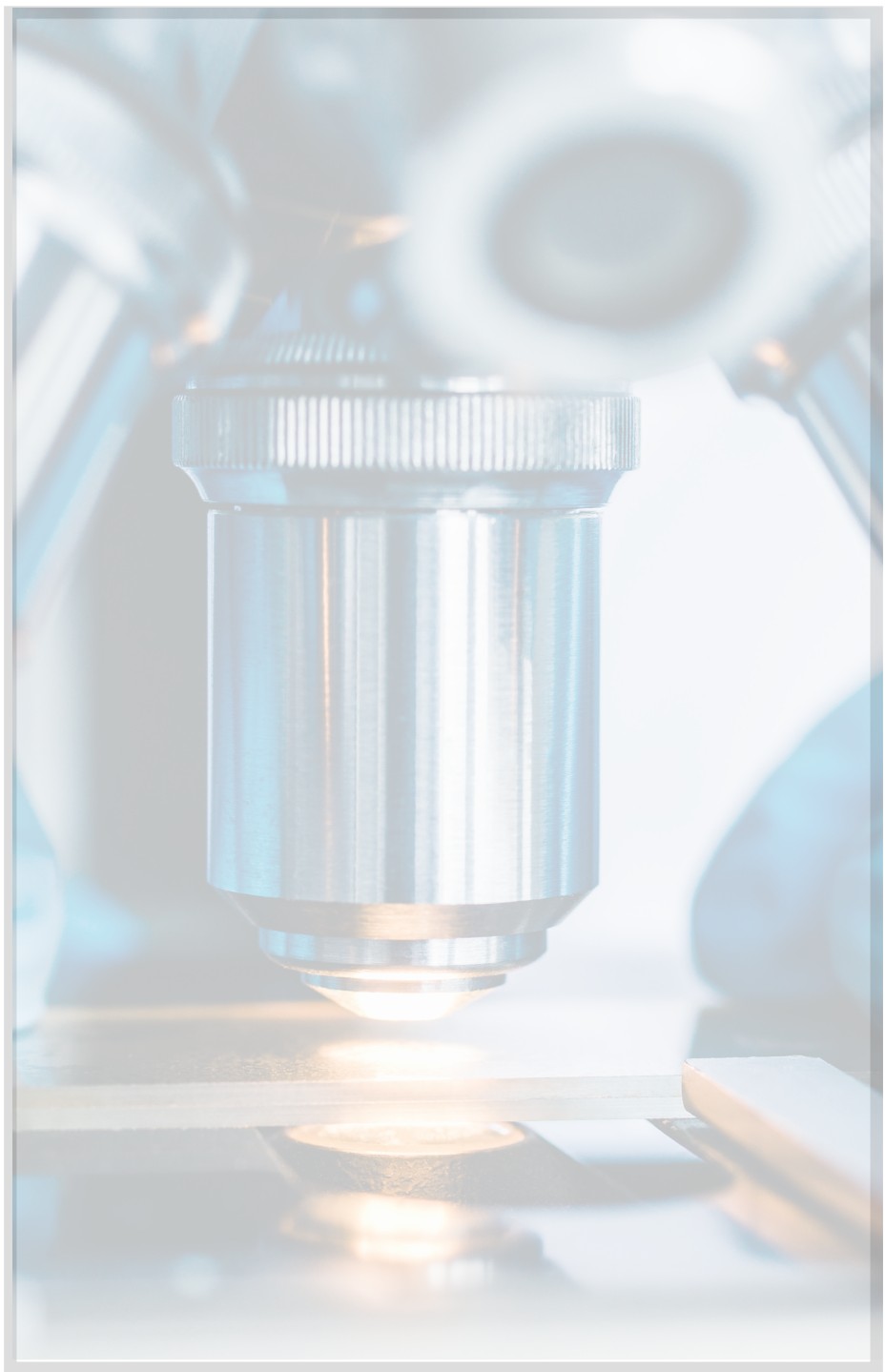




# Collecting Stool Specimens

**North Oaks Department of Laboratories Guide**





## Introduction

Your doctor has ordered one of the following tests described in this booklet. For your convenience, we have outlined the procedure for collecting the specimen(s) specifically for the test(s) ordered and returning them to the laboratory.

**Following these instructions will ensure the most accurate test results possible.**

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If more than one specimen is requested, each one must be collected and submitted per specific test instructions.

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Your results will be sent to the doctor who ordered the test(s).

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Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.



**CAUTION: SOLUTIONS ARE POISONOUS. DO NOT DRINK. KEEP OUT OF REACH OF CHILDREN.** If swallowed, dilute by drinking 2-4 glasses of water immediately. Contact poison information center at 1-800-222-1222 or seek emergency medical attention. Save the collection vial; label information will be helpful for determining appropriate medical treatment.

Questions?

Call the Department of Laboratories at (985) 230-6165.

## Notes

## OCP SPECIMEN: Stool in “Total FIX” Vial

You have been given a collection vial that will help you conveniently collect a stool specimen. These directions will help you use the “Total Fix” collection vial (pictured at right).



### **Collect the sample according to these instructions:**

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. **DO NOT** submit diaper for this test.
3. Using the spoon in the collection vial, place small scoopfuls of stool from areas that appear bloody, slimy or watery into the “Total Fix” collection vial until the contents rise to the black fill line on the vial. If the stool is formed (hard), please try to sample small amounts from each end and the middle.
4. Mix the contents of the vial with the spoon, then twist the cap tightly closed and shake the collection vial vigorously until the contents are well mixed.
5. Write the patient’s name, date of birth, date and time of collection on the “Total FIX” collection vial. Under the specimen consistency on the collection vial, check the image with an “X” that most resembles the stool sample you have collected.
6. Wash hands thoroughly if any liquid from the collection vial gets on your skin. If any liquid gets in your eyes, flush with plenty of running water. If irritation develops, consult a doctor.
7. If more than one OCP Specimen is ordered, collect on separate days.
8. Store “total fix” collection vial refrigerated between 35.6 - 46.4°F. Return the labeled collection vial to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 3 days of collection.

## **STOOL C & S SPECIMEN:** **Stool in Para-Pak Vial**

You have been given a collection vial that will help you conveniently collect a stool specimen. These directions will help you use the “Para-Pak” collection vial (pictured at right).



### **Collect the sample according to these instructions:**

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. **DO NOT** submit diaper for this test.
3. An appropriate (i.e. bloody, slimy, watery) area of stool should be selected and sampled with the collection spoon provided in the cap of the container. Add enough stool to each container to bring the liquid level up to the “FILL TO HERE” line.
4. Stir each specimen with the spoon making sure to press the specimen along the inside of the container. Tighten the cap and shake firmly to ensure that the specimen is adequately mixed. When mixing is complete, the solution should be consistent in appearance.
5. Write the patient’s name, date of birth, date and time of collection on the collection vial. Under the specimen consistency on the collection vial, check the image with an “X” that most resembles the stool sample you have collected.
6. Wash hands thoroughly if any liquid from the collection vial gets on your skin. If any liquid gets in your eyes, flush with plenty of running water. If irritation develops, consult a doctor.
7. Store sample refrigerated between 35.6 - 46.4° F.
8. If more than one Stool C & S Specimen is ordered, collect on separate days.
9. Return the labeled, stool-filled vial to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 48 hours of collection.

## GSA/CRYPTO SPECIMEN: Stool in Para-Pak Vial

You have been given a collection vial that will help you conveniently collect a stool specimen. These directions will help you use the “Para-Pak” collection vial (pictured at right).

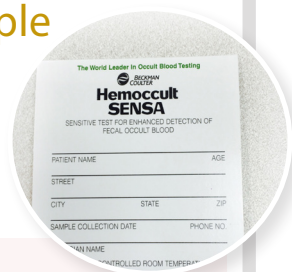


### **Collect the sample according to these instructions:**

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. An appropriate (i.e. bloody, slimy, watery) area of stool should be selected and sampled with the collection spoon provided in the cap of the container. Add enough stool to each container to bring the liquid level up to the “FILL TO HERE” line.
4. Stir each specimen with the spoon making sure to press the specimen along the inside of the container. Tighten the cap and shake firmly to ensure that the specimen is adequately mixed. When mixing is complete, the solution should be consistent in appearance.
5. Write the patient’s name, date of birth, date and time of collection on the collection vial. Under the specimen consistency on the collection vial, check the image with an “X” that most resembles the stool sample you have collected.
6. Wash hands thoroughly if any liquid from the collection vial gets on your skin. If any liquid gets in your eyes, flush with plenty of running water. If irritation develops, consult a doctor.
7. Store sample refrigerated between 35.6 - 46.4° F.
8. If more than one GSA/Crypto Specimen is ordered, collect on separate days.
9. Return the labeled, stool-filled vial to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 48 hours of collection.

## OCCULT BLOOD: Stool Sample on Occult Blood Card

You have been given a collection card that will help you conveniently collect a stool specimen. These directions will help you use the “Hemoccult Sensa” card (pictured at right).



### For accurate test results, avoid the following:

- Non-steroidal anti-inflammatory drugs (i.e., ibuprofen, naproxen) for seven days before and during the stool collection period. No more than one adult aspirin should be taken during this period. Acetaminophen (i.e., Tylenol) may be taken as needed.
- Three days before and during the stool collection period, do not take Vitamin C in excess of 250 mg a day from supplements, citrus fruits and juices.

### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Write the patient's name, date of birth, date and time of collection on the front of the card in the space provided. Protect card(s) from heat, light and volatile chemicals (e.g. ammonia, bleach, bromine, iodine, household cleaners).
4. Apply samples from bowel movements collected over three different days to the occult blood card. DO NOT collect sample if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection).
5. Using the provided wooden applicator stick, collect a small portion of the stool sample and apply a thin smear covering box A. Reuse the applicator to obtain a second sample from a different part of the stool. Apply a thin smear covering box B. Close the cover flap. Dispose of the applicator in a waste container.
6. Return the labeled cards to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 10 days after each specimen collection.





## ROTAVIRUS SPECIMEN: Raw Stool; Refrigerated



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory. If you cannot return sample within 1 hour of collection, it may be refrigerated between 35.6 - 46.4° F for up to 48 hours from date of collection.



## Calprotectin Specimen: Raw Stool; Refrigerated



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Store sample refrigerated between 35.6 - 46.4° F
6. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 2 days of collection.



**Helicobacter pylori  
(H. pylori) Antigen  
Specimen:  
Raw Stool; Refrigerated**



**Collect the sample according to these instructions:**

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Store sample refrigerated between 35.6 - 46.4° F
5. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 2 days of collection.



## Pancreatic Elastase-1

(Fecal Elastase)

Specimen:

Raw Stool; Refrigerated



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Store sample refrigerated between 35.6 - 46.4° F
6. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 2 days of collection.

## Fecal Leukocyte Specimen: Raw Stool; Refrigerated



### **Collect the sample according to these instructions:**

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. **DO NOT** submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory. If you cannot return sample within 1 hour of collection, it may be refrigerated between 35.6 - 46.4° F for up to 24 hours from date of collection.



## C.DIFF SPECIMEN: Raw Stool; Refrigerated



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory. If you cannot return sample within 1 hour of collection, it may be refrigerated between 35.6 - 46.4° F for up to 48 hours from date of collection.

## PINWORM PREP: Swube Paddle

You have been given a collection vial that will help you conveniently collect a pinworm swube collection. These directions will help you use the “Swube Paddle” (pictured at right).



The sticky side of the swube paddle (provided by the laboratory) is applied to the area around the rectum to collect a specimen. Specimens are best obtained a few hours after the person has rested, between 9 p.m. and midnight, or in the morning immediately upon arising before bathing or bowel movement.

### **Collect the sample according to these instructions:**

1. Hold the paddle by the cap and remove it from the tube.
2. Separate the buttocks and press sticky surface against several areas around the rectum.
3. Replace the paddle in the tube for transport.
4. Write the patient's name, date of birth, date and time of collection on the collection tube.
5. Return the labeled tube to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory. If you cannot return the sample within 24 hours of collection, it may be refrigerated between 35.6 - 46.4° F for up to 7 days from the date of collection.



## FECAL FAT

### **Collect the sample according to these instructions:**

1. Collect about 2 grams (about half a teaspoon) of semi-solid to solid stool or about 2 ml (about half a teaspoon) of liquid stool and transfer to a leak-proof container.
2. For infant/adult diaper collection: Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with next step after collection. DO not submit diaper for this test.
3. Write the patient's name, date of birth, date and time of collection on the collection container.
4. Return specimen to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 1 hour of collection if at room temperature. If not, refrigerate specimen at 35.6 - 46.4° F and return within 3 days.



### **The following specimens will be rejected:**

- Specimens in paint cans or on slides
- Specimens containing mineral or castor oil, bismuth, creams, lubricants, suppositories or barium.



## pH, Feces Raw Stool; Refrigerated



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. Transfer the stool specimen into a clean, dry screw-top container. If a screw-top container is not available, please tape down the lid.
4. Write the patient's name, date of birth, date and time of collection on the collection vial.
5. Store sample refrigerated between 35.6 - 46.4° F
6. Return the labeled, stool-filled container to the North Oaks Outpatient Diagnostic Center within 24 hours of collection.

## GI PANEL: Stool in Para-Pak Vial

You have been given a collection vial that will help you conveniently collect a stool specimen. These directions will help you use the “Para-Pak” collection vial (pictured at right).



### Collect the sample according to these instructions:

1. Avoiding contact with urine, pass stool into a large clean container (such as a clean Tupperware or margarine tub). You may use a bedpan, place a large plastic bag into a waste basket or place newspaper under the seat of the toilet to catch the specimen. If stools are loose, pass directly into a container, not onto newspaper.
2. **For infant/adult diaper collection:** Line diaper with plastic wrap to aid in collecting watery/liquid stools. Proceed with step 3 after collection. DO NOT submit diaper for this test.
3. An appropriate (i.e. bloody, slimy, watery) area of stool should be selected and sampled with the collection spoon provided in the cap of the container. Add enough stool to each container to bring the liquid level up to the “FILL TO HERE” line.
4. Stir each specimen with the spoon making sure to press the specimen along the inside of the container. Tighten the cap and shake firmly to ensure that the specimen is adequately mixed. When mixing is complete, the solution should be consistent in appearance.
5. Write the patient’s name, date of birth, date and time of collection on the collection vial. Under the specimen consistency on the collection vial, check the image with an “X” that most resembles the stool sample you have collected.
6. Wash hands thoroughly if any liquid from the collection vial gets on your skin. If any liquid gets in your eyes, flush with plenty of running water. If irritation develops, consult a doctor.
7. Store sample refrigerated between 35.6 - 46.4° F.
8. If more than one GI panel is ordered, collect on separate days.
9. Return the labeled, stool-filled vial to the North Oaks Outpatient Diagnostic Center or North Oaks Laboratory within 48 hours of collection.

## Notes

## Questions?

Call the Department of Laboratories at (985) 230-6165.



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Call the  
Department of  
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