




How to Collect a Stool Sample

You have been told you need a lab test which requires a sample of a bowel movement (stool). If the vial contains liquid **do not dump it out**. Liquids in these vials are **poison!** Keep out of the reach of children.

- Do not use laxatives before you collect the stool sample.
- If you had barium for an imaging test, wait until the white color is gone from your stool before doing this test.

Test ordered by Physician: (highlighted/circled when indicated)	Vial(s) to place stool in:	Collection Instructions:
Stool Culture Shigatoxin Enteric Panel (without C. Diff) Crypto/Giardia EIA Crypto EIA Giardia EIA	 <p>Orange Cap Para-Pak C&S</p>	Use attached spoon to fill vial until liquid reaches red line. Mix well by mashing or shaking. Store refrigerated.
Rotavirus EIA C. difficile by NAT Norovirus by NAT H. pylori Antigen Calprotectin Pancreatic Elastase Fecal Fat	 <p>-or-</p>	Pour or use a wooden stick/spoon to transfer at least enough stool to cover the bottom of the container. (5mL or 1 teaspoon). C. difficile testing will only be done on completely liquid stool samples. Store refrigerated.
Ova and Parasite Exam	 <p>Green Cap EcoFix Black Cap Total-Fix</p>	Use attached spoon to fill vial until liquid reaches red or black line. Mix well by mashing or shaking. Store room temperature.

Follow the steps on the next page to collect the sample.

1. Pass urine into the toilet.
2. Place the collection hat over the back part of the toilet bowl rim. Lower the toilet seat and pass stool into the hat. Do not pass stool directly into the vial.
3. Do not collect stool from the toilet or let urine or water come into contact with the stool.
4. Fill the vial using the attached spoon until the liquid reaches the fill/red line. **If too much or too little stool is present, the sample may need to be collected again.** Be sure to close the lid tightly. Mix well by shaking.
5. Wash your hands with soap and water. If any liquid from the vial gets on your skin or in your eyes, flush well with running water.
6. Label the vial with your full legal name, birthdate, collection date and time. Note the stool quality on the vial (such as watery, loose, soft, or firm)
7. For children in diapers, collect stool sample by lining the diaper in plastic wrap. Do not include any wipes used with the specimen.
8. Return the specimen vial to the nearest Sanford facility within 24 hours of collection. Please call Sanford Laboratory Client Support with questions: 1-877-392-1234 option 2