

## **Directions for Collection of Stool Specimens for Patients**

### **Prepare the toilet to make collecting your specimen easier:**

Raise the toilet ring. Place a small, clean, opened plastic garbage bag inside the toilet just as you would place the bag inside a garbage can. The bag should be over the rim of the toilet. Be careful not to get water in the bag. Lower the toilet ring to help hold the bag in place. Have bowel movement (BM) into garbage bag-lined toilet. **Do not urinate into the bag.** Collect the BM sample from the bag as follows, again being careful to not get water in the bag containing the BM.

The health department will provide you with containers to collect the stool specimen. You may receive one or more containers, depending on what testing is being done.

**Bacterial Testing (orange top container with red liquid):** Take the container out of the bag. Make sure that your name and date of the specimen collection are written on the container. With the scoop that is inside the lid, fill the container with BM until the liquid inside comes up to the red line. Close the lid tightly and shake the container to mix the BM with the liquid thoroughly. Return the specimen to the bag. **Store the bagged container at room temperature.**

**Ova & Parasite Testing (white and blue topped containers with clear liquid):** Take the two containers out of the bag. Make sure that your name and date of the specimen collection are written on the container. With the scoop that is inside the lid of each of the containers, fill each container with BM until the liquid inside comes up to the red line. Close each lid tightly and shake each container to mix the BM with the liquid thoroughly. Return the two specimens to the bag. **Store the bagged container at room temperature or refrigerate. DO NOT FREEZE.**

**Viral Testing (clean, dry container):** Take the container out of the bag. Using the provided tongue depressor, a plastic spoon, or a clean, disposable plastic cup (for liquid BM), collect enough BM to fill the container 1/4 to 1/2 full. Close the lid tightly. Place the container with the BM into the zip lock bag. Throw away the item you used as a scoop. **Store the bagged container in the refrigerator. DO NOT FREEZE.**

Empty any remaining BM from the garbage bag into the toilet. Place the dirty garbage bag inside another garbage bag and throw it in the trash. Wash your hands thoroughly with soap and water.

Depending upon arrangements made with the health department, please either call the contact person below for pick-up or take the specimen to the drop-off location when ready.

Thank you very much for your cooperation.

**Contact Person** \_\_\_\_\_ **Telephone** (\_\_\_\_) \_\_\_\_\_

**Drop-Off Location (if applicable)** \_\_\_\_\_

**Address** \_\_\_\_\_

**Hours of Operation** \_\_\_\_\_