

Saint Luke's Regional Laboratories

Patient Stool Collection Instructions

Your physician has requested that you collect a stool sample for testing as part of your health care. Several types of stool test have different collection requirements. Follow the instructions given by your physician. If no instructions are provided, follow the guidelines below.

NOTE: Use only the labeled collection containers provided. Do not use plastic/glass containers or jars from home. Use of unacceptable containers will result in cancelation.

Stool Collection Steps:

1. Lift the toilet seat and place the toilet adapter across the rim of the toilet bowl.
2. Put the toilet seat down.
3. After your bowel movement, remove the adapter from the toilet. **DO NOT** pass stool directly into the toilet or into the collection containers. **DO NOT** mix urine or water with the sample.
4. Print your name, date of birth, and date and time of collection on the container(s).
5. See instructions by container type below:

Sterile Cup:

1. Place stool in the specimen cup using the wooden stick provided and fasten the lid securely.
2. Maintain specimens at the temperature listed on the container(s).
3. Return specimen(s) to the lab promptly.



Cary Blair:

1. Using the spoon on the underside of the container lid, transfer stool to the container until the fill line is reached and place the lid on securely. (Focus on bloody, slimy, or watery areas) **Do not fill past the fill line.**
2. Mash and mix the stool in the vial to disperse it evenly if needed.
3. Shake the vial until the sample is mixed well.
4. Maintain specimens at the temperature listed on the container(s).
5. Return specimen(s) to the lab promptly.



Fecal Swab (Alternative collection method):

1. Insert the swab tip into the stool and rotate (Focus on bloody, slimy, or watery areas).
2. Ensure the stool is visible on the swab tip. If not, repeat the collection.
3. Place the swab in the tube, ensuring the sample does not exceed the "max fill" line. If it does, discard and use a new kit.
4. Mash and mix the stool in the tube to disperse it evenly.
5. Hold the tube away from your face and bend the swab to break it at the marked point.
6. Twist and remove the broken part of the swab shaft. Tighten the cap.
7. Shake the tube until the sample is mixed well.
8. Maintain specimens at the temperature listed on the container(s).
9. Return specimen(s) to the lab promptly.

