

# **Patient Instructions** **Pocono Medical Center Laboratory**

## **Stool Collection with Preservatives for O&P**

### **What is a Specimen Collection?**

Your doctor has requested specific testing on stool/fecal samples. A few collection requirements are listed below to ensure proper processing and testing of your specimen.

### **Collection Bottles with Colored Caps:**

The kit consists of two vials. You must, after you collect the stool sample, put it into the specimen transport containers. Use the spoon attached to the lid to “scoop” the sample into the bottle. The bottles have a RED LINE on the label; this is the fill line. Put enough stool into each bottle to bring the liquid level up to the line. If your stool contains any blood, mucus, or watery material, put this into the bottle along with any solid sample. Next, mix the stool samples fill both containers if your doctor has ordered testing for Ova & Parasites (O&P, Giardia antigen).

### **WARNING! POISON!**

The liquids in these containers are not to be ingested. If accidentally ingested, call your doctor immediately.

### **What instructions should I follow?**

1. Obtain a collection container from your physician or laboratory outpatient-testing center.
2. To collect your stool sample follow these directions:

#### **IMPORTANT:**

Please:

- Do not urinate on the specimen or in the collection container
- Do not urinate in the tubes
- Do not pass the specimen directly into the tube
- Do not pass the specimen into the toilet

Directions:

1. You may obtain a clean container from the outpatient lab for collection or use a clean, dry container such as a cut-off plastic milk container (not wax container), a margarine container, a clean wide mouth jar or you can use a bed pan. Alternatively, you may place a large plastic bag into a wastebasket or you can cover the toilet seat with plastic wrap to catch the specimen.
2. For infants and toddlers, put a disposable diaper on so the plastic side is next to the child's skin. Remove the diaper as soon as the stool is collected. A DIAPER CONTAINING STOOL WILL NOT BE ACCPEPTED FOR ANY TEST.
3. Open the tube containing the liquid. Using the collection spoon built into the lid of the tube (or wooden sticks, if supplied), place small spoonfuls of stool into the tube until the contents rise to the red line.
4. Mix the contents of the tube with the spoon, then twist the cap tightly closed and shake the tube vigorously until the contents are well mixed.

5. Write your name, date and time of collection on the specimen container. These containers do not need to be refrigerated. Bring them to the laboratory as soon as possible after collection.

If you are given a clean container with no liquid, collect the specimen using the method given here. Make sure you fill the container at least half full. Refrigerate specimen until it can be brought to the laboratory. A delay in returning the specimen may affect your results

**If you have any questions regarding the stool collection procedure or requirements, you may contact the Pocono Medical Center Laboratory at (570) 476-3371 before 6 p.m. or (570) 476-3369 after 6 p.m.**