

How to collect a stool sample

- Culture and Sensitivity
- Ova and Parasites

What you need



- A clean empty plastic food container, **or**
- Plastic wrap



What we give you

- Sterile sample container
- SAF Fixative sample container
- One wooden stick
- Biohazard specimen bag

To collect a sample

1. Write your full name and date of birth on each sample container.
2. Urinate (go pee) first then get ready to collect your stool sample.
3. Catch some stool while you have a bowel movement (going poop) by:
 - Holding the empty plastic food container under your bottom, **or**
 - Placing plastic wrap over the rim of the toilet.
4. Right after you collect the sample, use the wooden stick to put some of the stool in the sample containers.
 - Sterile sample container – Fill the container with about one tablespoon (or the size of a walnut). 
 - SAF Fixative sample container – Fill to the line on the container (Do not overfill). Use the spoon attached to the lid to mix the sample with the liquid. 
5. Tighten the lids on each container.
6. Place the remaining stool sample in the toilet. Put anything you used to collect the sample in a plastic bag and put it in the garbage.
7. Wash your hands with soap and water.
8. Write the date and time of collection on the sample containers.
9. Place the sample containers in the biohazard bag.
10. Return the sample to the laboratory within 2 hours.

Try not to catch any urine while catching the stool sample.

Do not take the stool sample from the toilet bowl or let the sample touch the inside of the toilet.

Do not pour out or spill any of the liquid from the SAF Fixative sample container.

Can't get to the laboratory within 2 hours?
Keep in fridge. Bring them in as soon as possible.
