

# A Patient's Guide to Stool Specimen Collection

## Contact Information - Bronson Laboratory Phone Numbers:

- Kalamazoo Lab: (269) 341-6440

**Required supplies:** Toilet Hat, Stool Transport Containers.

If your physician did not provide collection containers, please call the lab. See above for contact information.

Step 1: See table on back for detailed collection requirements.

Step 2: Place the white toilet hat onto the toilet seat.

Step 3: Be careful not to mix water from the toilet bowl or urine with the stool. This will spoil the test.

Step 4: After the bowel movement, transfer the stool from the hat into the transport container/s.

Step 5: For Stool GIPCR and O&P collection. If you are not collecting for these tests, skip to step 6.



GI Panel



O&P

### Step 5 continued

**5a.** Transfer stool into the container until it reaches the red fill line.

**5b.** Screw the cap back onto the container.

**5c.** Invert the container 5-10 times in order to mix the liquid and stool together.

Step 6: Screw cap back onto containers.

Step 7: Mark the container with your **first and last name, date of birth, & date and time of the collection.**

Step 8: Take the containers to the lab within timeframe listed on back of this sheet.

## Patients in diapers:

**Required supplies:** Urine collection bag (U-bag), Diaper, Plastic Wrap, Collection Containers.

If your physician did not provide special collection containers please call the lab. See above for contact information.











Step 1: Following the U-Bag instructions, apply the U-Bag to the patient.

Step 2: Line the diaper with plastic wrap. Apply diaper on patient.

Step 3: Remove the diaper within 30 minutes after the bowel movement.

Step 4: Discard the urine in the U-Bag without splashing onto the stool.

Step 5: Place stool into each of the containers. Refer to above steps 5-7.

Test	Transport Container	Amount	After collection, where do I store my specimen?	After collection take specimen to lab within:	Special collection recommendations/ requirements
Calprotectin <b>FCAL</b>		Size of Walnut	Refrigerator	72 hours	None
Pancreatic Elastase Stool <b>FPAN1</b>		Size of walnut	*Freezer	7 days	Discontinue of pancreatic enzyme supplementation therapy prior to sample collection. Watery stool not recommended for this test.
C. difficile <b>CDIFT</b>		1 tsp	Refrigerator	5 days	Do not collect while using topical ointment like <b>zinc oxide</b> or <b>Vagisil cream</b> on the vaginal/rectal area.
GI Panel <b>GIPCR</b>		Fill to red line	Room Temp	4 days	None
Fat Random, 24, 48 or 72 hour collection <b>FATQN</b>		Collect all during designated time period	Refrigerator	Once collection is completed.	For 3 days prior and during the collection period: <b>Fat-controlled diet</b> (100-150 g fat per day) <i>Note: Please contact your ordering provider with any diet related questions.</i> <b>No synthetic fat substitutes</b> (e.g., Olestra) or fat-blocking nutritional supplements. <b>No laxatives</b> (particularly mineral oil and castor oil) <b>Diaper rash ointment</b> , do not use during collection period. <b>Barium</b> , wait 48 hours after stopping medication before collecting a specimen.
Lactoferrin <b>FLAC</b>		Size of a pea	Refrigerator	72 hours	None
Occult Blood <b>FOBI</b>	 OR	Refer to kit instructions	Room Temp	Mail immediately or return to lab within 5 days	Refer to instructions inside the collection kit.
H Pylori <b>HPFRP</b>		Fill to red line	Room Temp	72 hours	If taking: <b>Bismuth, antibiotics, or proton pump inhibitors</b> , wait 2 weeks after stopping the medication before collecting the sample.
Ova & Parasites (O&P) <b>OVP</b>		Fill to red line	Room Temp	72 hours	If taking: <b>Antacids, antibiotics, kaolin, mineral oil and other oily materials, antidiarrheal preparations, barium or bismuth</b> , wait 7 days after stopping the medication before collecting the sample. <b>Gallbladder dyes</b> , wait 3 weeks before collecting the sample.
pH/reducing substance <b>MIMAY-;UREDF</b>		Size of walnut	Freezer	Return to lab within 24 hours	No Barium or laxatives for 1 week prior to collection. Collect a <b>loose</b> , random stool specimen. <b>Freeze specimen within 2 hours of collection.</b>

\*(Separate container required if other stool tests ordered)