

# 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. If the container has liquid, do not empty the liquid.

Step 5: Screw cap tightly onto containers.

Step 6: Mark the container with your **first and last name, date of birth, & date and time of the collection.**

Step 7: 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.


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Test	Drop Off Window	Size/Consistency	Where to store after collection	Special Instructions	Container Type
Calprotectin	72 Hours	 Walnut - Solid	Refrigerator	None	
Pancreatic Elastase Stool	7 Days		Freezer- <b>must be separate container from other tests</b>	Discontinue of pancreatic enzyme supplementation therapy prior to sample collection. Watery stool not recommended for this test.	
pH/Reducing Substance	24 Hours	 Walnut - Loose	Freezer	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>	
C. difficile	5 Days	 1 teaspoon - Liquid	Refrigerator	Do not collect while using topical ointment like <b>zinc oxide</b> or <b>Vagisil cream</b> on the vaginal/rectal area. <b>Do not submit if stool is formed.</b>	
Lactoferrin	72 Hours	 Pea Sized - Solid	Refrigerator	None	

GI Panel	4 Days	All forms accepted <b>Fill to the red line</b>	Room Temp	Transfer stool into the container until it reaches the red fill line. Invert the container 5-10 times to mix the liquid and stool together.	Fill either container to the <b>red line!</b> 
H. pylori	72 Hours		Room Temp	Transfer stool into the container until it reaches the red fill line. Invert the container 5-10 times to mix the liquid and stool together  If taking: <b>Bismuth, antibiotics, or proton pump inhibitors</b> , wait 2 weeks after stopping the medication before collecting the sample.	

Occult Blood	Mail immediately or return to lab within 5 days	NA	Room Temp	Refer to kit instructions inside collection kit	
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Ova & Parasites	72 Hours	All forms accepted <b>Fill to the line</b>	Room Temp	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.	<b>Fill to the line!</b> 
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Fecal Fat: Random, 24, 48 or 72 hour collection	Once collection is completed	Submit entire collection (all forms accepted)	Refrigerator	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.	
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