

## LABORATORY SERVICES GUIDELINES FOR STOOL COLLECTION

All specimens must be in a closed, leak-proof container. You are responsible for the transfer of your stool to the proper container if necessary. No diapers are accepted. Avoid contamination with urine or water from the toilet.

Approximately **two tablespoons** of stool are required for most testing procedures. Please collect the specimen in the cup, label it with the required information and put cup in biohazard bag.

**Please read and follow the instructions that are checked below.**

**ALL SPECIMEN CONTAINERS MUST BE LABELED WITH THE PATIENT'S FIRST & LAST NAME, DATE OF BIRTH, DATE AND TIME OF COLLECTION. \***

- STOOL FOR CULTURE:** If dropping specimen off at Main Campus, the specimen cannot be older than 8 hours. If dropping specimen off at an Outpatient location, the specimen cannot be older than 4 hours.  
***Refrigerate specimen.***
- STOOL FOR CLOSTRIDIUM DIFFICILE:** Specimen must be liquid, **NOT** formed. ***Formed stools will be rejected.*** Label container. ***Refrigerate specimen.***
- STOOL FOR ROTAVIRUS:** Clean container, no preservative. If dropping specimen off at Main Campus, the specimen cannot be older than 8 hours. If dropping off at an Outpatient location, the specimen cannot be older than 4 hours. Label container. ***Refrigerate specimen within 2 hours and deliver to Laboratory within 72.***
- STOOL FOR OCCULT BLOOD:** ***See page 2 for important information and Patient Instructions (1).***
- STOOL FOR ROUTINE O&P:** ***See page 2 and 3 for important information and Patient Instructions (3).***

**Location phone numbers:** Please call individual site for hours of operation

- Outpatient Center: 440-816-8808
- Strongsville Medical Center: 440-816-4976
- Brunswick Outpatient Center: 440-816-5561 or 330-558-0360

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PATIENT INSTRUCTIONS

1) STOOL FOR OCCULT BLOOD

A. Collection Instructions:

1. If multiple specimens are required, collect one sample per day, approximately **24 hours apart**.
2. Place each individual day's specimen on the provided card. Specimens can be kept at room temperature.
3. **Label each card with Patient's first and last name, date of birth, date and time of collection and also record the dates and times below for specimen registration. All specimens must be dropped off the same day.**

(#1) DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

(#2) DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

(#3) DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

B. Drug Guidelines:

1. For **seven** days before and during the stool collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin per day).
2. Acetaminophen (Tylenol) can be taken as needed.
3. For **three** days before and during the stool collection period, **avoid** vitamin C in excess of 250mg a day from supplements, and citrus fruits and juices.

C. Diet Guidelines:

1. For **three** days before and during stool collection period, **avoid** red meats (beef, lamb and liver).
2. Eat a well-balanced diet including fiber such as bran cereals, fruits and vegetables.

D. Notes:

1. Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.
  2. 100% of RDA of vitamin C for an adult is 60 mg a day.
  3. Some iron supplements contain vitamin C in excess of 250mg.
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2) STOOL FOR ROUTINE O & P

A. Collection Instructions:

The liquid in SAF (green) or Zn Formalin (pink) are fixatives that preserve parasitic organisms to be identified. Fixatives are used to minimize immediate specimen transport to the laboratory. Stool should be placed in fixative immediately after collection.

1. Use scooper located on lid of yellow or pink topped vial to scoop stool specimen into the vial.
2. Continue to add specimen until the liquid has reached the black line/arrow on the vial. **Do not discard fixative in vial!**
3. **Label the vial with Patient's first and last name, date of birth, date and time of collection.**
4. Vial may be kept at room temperature until transport to the laboratory.

### 3) STOOL FOR ROUTINE O & P – Cont'd

#### **B. Safety Precautions:**

Use **CAUTION** when transferring the specimen to the vial. Fixatives can cause irritation to skin and eyes and may be harmful if swallowed.

- a. Skin contact – Flush with plenty of water for 15 minutes. Seek medical attention if skin irritation persists.
- b. Eye contact – Flush with water at least 15 minutes and seek medical attention.
- c. Ingestion - Clean mouth with water, do NOT induce vomiting, drink plenty of water and seek medical attention.
- d. Keep out of reach of children.
- e. For assistance call Remel Technical Service toll free at 1-800-528-0494. (8 A.M. – 5 P.M. EST)