

# How to Collect a Stool Sample

Read all the instructions before collecting a stool sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Before you get started, fill out all the information on the sampling bottle. When you are ready, follow these steps:

1. Gather your supplies: collection paper, sampling bottle and sampling probe.
2. Put the collection paper inside the toilet bowl on top of the water.
3. Deposit stool sample on top of collection paper.
4. Collect the sample from the stool before the paper sinks and the stool sample touches the water.  
Follow the instructions on the other side.
5. Flush the toilet. The collection paper is biodegradable (safe for the environment) and will not harm septic systems.

Date sample is collected:

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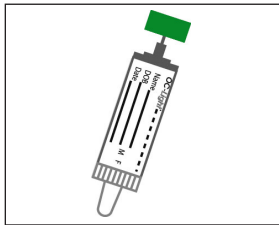
Return the sample within 2 weeks:

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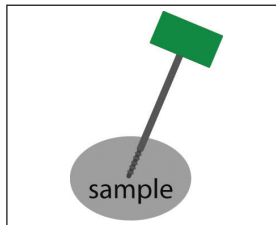
If you have questions, call the Lab:

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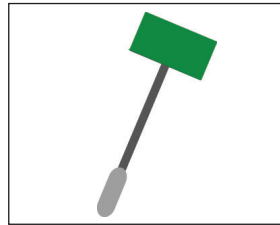
# How to Take a Stool Sample



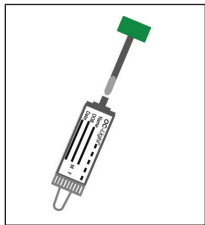
1. Unscrew the green cap and pull upwards.



2. Scrape the surface of the stool sample with the sample probe.



3. Cover the grooved part of the sample probe completely with the stool sample.



4. Insert the sample probe in the sampling bottle and turn tightly to the right. This will close the bottle. Do not reopen the bottle.

5. Return the sample bottle to the lab. You can bring it to the lab or mail it in the envelope provided.