

## How to Collect a Stool Sample for Your Lab Test

### Collecting a stool sample

Read all of 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.

Your health care provider has ordered the following test(s):

- stool pathogen PCR panel
- ova and parasites
- Cryptosporidium/giardia antigen
- Clostridium difficile
- Helicobacter pylori antigen
- white blood cell
- stool culture.

Follow any instructions your health care provider gives you.

### Before you collect your sample

- Do not take any of the following **within 1 week** of collecting your sample:
  - medicines to treat heartburn, indigestion, or to prevent stomach ulcers (antacids)

## Sida Loo Qaado Muunada Saxarada xiliga Baaritaanka Shaybaarkaaga

### Ururinta Muunada Saxarada

Akhri dhammaan tilmaamaha ka hor inta aanad ururin muunada saxarada. Waa muhiim in la raaco hab-raacyada si muunadda loogu soo qaado habka saxda ah. Tani waxay kaa caawin doontaa in natiijooyinka baaritaankaagu ay sax noqdaan.

Bixiyahaaga daryeelka caafimaadka ayaa amray baaritaannada soo socda:

- bakteeriyada saxarada ee PCR panel
- ugxansidaha iyo dulin/cayayaan
- Waa dulin yar, hal unug ka kooban, kaas oo waxyeeleeya xiidmaha dadka iyo xoolaha/waa tijaabo saxaro ah oo lagu baadho dulinka Giardia ee mindhicirka.
- jeermis sababa shuban daran (Clostridium difficile)
- Baaritaanka bakteeriyada caloosha ee H-pylori
- unugyada dhiiga cad
- beeritaanka saxarada.

Raac tilmaan kasta oo bixiyaha daryeelka caafimaadkaagu ku siiyo.

### Ka hor Inta aanad Ururin Muunada Saxaradaada

- Ha qaadan mid ka mid ah kuwan soo socda inta lagu jiro 1 toddobaad gudaheed marka aad soo qaadayso muunada saxaradaada:
  - dawooyinka lagu daweyo laabjeexa, dheefshiidka ama ka hortagga boogaha caloosha (antacids)

- barium or bismuth
- medicines to treat diarrhea
- oily laxatives like castor oil.
- Your health care provider will give you instructions for picking up your specimen container(s) for collecting your sample.
- You'll also need:
  - a clean collection device like a shallow pan in which to collect your sample. Transfer part of the sample to the specimen container(s).
  - a plastic bag or clear plastic wrap to place over the toilet seat.
- To collect a sample from a child in diapers, line the diaper with clear plastic wrap. Then, transfer part of the sample to the specimen container(s).

### Special notes about specimen containers

- Some specimen containers include a liquid preservative. Don't pour out this liquid. You will add your sample to it. The liquid in the:
  - **orange-cap** specimen containers may cause irritation to skin or eyes.
    - Rinse or flush with cool water right away if contact occurs.
  - **green-cap** specimen container is poisonous.
    - Call your local poison center at 1-800-222-1222 or go to the nearest hospital Emergency Department right away if you swallow any of this liquid.
  - **gray-cap and pink-cap** specimen containers may cause irritation to your skin or eyes.
    - Rinse or flush with cool water right away if contact occurs. The solution is poisonous.

- barium (kiimikada loo isticmaalo raajada caloosha) ama bismuth (daawada boogaha caloosha iyo shubanka)
- daawooyinka lagu daweeyo shubanka
- Daawooyinka saxarada jilciya ee saliidaysan sida saliida kastarka.
- Bixiyahaaga daryeelka caafimaadka ayaa ku siin doona tilmaamaha siddii aad u qaadan lahayd weelka muunada ee loogu talagalay in lagu ururiyo muunadaada.
- Waxaad sidoo kale u baahan doontaa:
  - qalab nadiif ah oo ururiye ah sida digsi gacmeed fidsan kaas oo lagu ururinayo muunadaada. Qayb ka mid ah muunada ku rid weelka muunada.
  - bac balaastik ah ama bac cad oo lagu dhejiyo kursiga musqusha.
- Si muunad looga qaado xafaayada ilmaha, ku xidh xafaayadda bac cad oo nadiifa. Qayb ka mid ah muunada ku rid weelka muunada.

### Ogeysiis Gaarka ah ee Ku Saabsan Qalabka Muunada lagu ururiyo

- Qaar ka mid ah weelasha muunada waxaa ku jira dareere ilaaliye ah. Ha daadin dareerahan. Waxaad ku dari doontaa muunadaada. Dareeraha ku jira:
  - **weelka muunada furka jaalaha** waxa ay u keeni karaan cuncun maqaarka ama indhaha.
    - Raaci ama ku dhaq biyo qabow isla markiiba haddii ay dhacdo taabashadu.
  - **weelka muunada furka cagaaran** waa mid lagu sumoobi karo.
    - Ka wac xarunta sunta ee deegaankaaga 1-800-222-1222 ama tag isla markiiba Waaxda Gurmada Degdegga ah ee cisbitaalka kuugu dhow haddii aad liqdo mid ka mid ah dareerahan.
  - **weelasha muunada ee furka-cawlan iyo furka-casaanku** waxay ku keeni karaan cuncun maqaarkaaga ama indhahaaga.
    - Raaci ama ku dhaq biyo qabow isla markiiba haddii ay dhacdo taabashadu. Dareerahu waa mid lagu sumoobi karo.

- Call your local poison center at 1-800-222-1222 or go to the nearest hospital Emergency Department right away if you swallow any of this liquid.\*
- Don't use a specimen container if:
  - the solution appears cloudy or yellow
  - it's past the expiration date.
- Keep your specimen container(s) away from heat or flames. The liquid will catch on fire (flammable).
- Keep your specimen container(s) out of the reach of children and pets.

## How to collect your sample

You'll collect a sample for one or more tests, depending on your health care provider's order. You may use the same bowel movement for more than one test.

### For each test:

1. Unscrew the lid from the specimen container. Set aside.
2. Prepare the collection container (clean shallow pan, plastic bag, or clear plastic wrap) in which you will collect your sample.
3. Collect the sample. Don't collect stool that has been mixed with water or urine.
4. Using the plastic spoon attached to the lid, scoop out samples from bloody, slimy, or watery areas of the stool (if present). If the stool is hard, select areas from each end and the middle of the stool.
5. Transfer enough of the selected stool to the **orange- and green-cap** specimen containers to raise the level of liquid to the "fill to here" line. Don't overfill.

If you have a screw-cap container without liquid, transfer the liquid stool (about the size of a walnut) to this container. There is not a "fill to here" line on this container.

- Ka wac xarunta sunta ee deegaankaaga 1-800-222-1222 ama tag isla markiiba Waaxda Gurmadka Degdegga ah ee cisbitaalka kuugu dhow haddii aad liqdo mid ka mid ah dareerahan.\*

- Ha isticmaalin weelka muunada haddii:
  - dareerahu uu u muuqdo mid daruur ama jaalle ah
  - uu dhaafay wakhtigii uu dhacayay.
- Weelkaaga muunada ka fogee kulaylka ama ololka. Dareeraha ayaa dab qabsan kara (oo guban kara).
- Dhig weelka muunada meel aanay gaadhin carruurta iyo xayawaanka rabaayada ah.

## Sida Loo Ururiyo Muunadaada

Waxaad muunad u qaadi doontaa hal ama in ka badan oo shaybaadho ah, taasoo ku xidhan amarka bixiyaha daryeelka caafimaadkaaga. Waxa laga yaabaa inaad isticmaasho saxaro isku mid ah in ka badan hal baaritaan.

### Baaritaan kasta:

1. Ka fur daboolka weelka muunada. Dhinac dhig.
2. Diyaarso weelka ururinta ( digsi gacmeed nadiif ah, bac ama duub balaastig ah) oo aad ku qaadi doonto muunadaada.
3. Qaad muunada. Ha soo qaadin saxaro wadata biyo ama kaadi.
4. Adigoo isticmaalaya qaaddada balaastiigga ah ee ku dheggan daboolka, ka soo qaad muunad meelaha dhiigga, jilicsan ama meelaha biyaha leh ee saxarada (haddii ay jirto). Haddii saxaradu adag tahay, ka dooro meelaha cidhif kasta iyo bartamaha saxarada.
5. Ka rid saxarada la doortay in ku filan **weelasha muunada ee furka huruuda iyo furka cagaaran** si kor loogu qaado heerka dareeraha ilaa laynka "buuxi ilaa halkan". Ha buux dhaafin. Haddii aad haysato weel dabool leh oo aan dareere lahayn, ku rid saxarada dareeraha ah (qiyaas cabbirka lawska) weelkan. Ma jiro xariiq "buuxi ilaa halkan" oo ku yaal weelkan.

6. Screw the lid back on the container. Make sure it is closed tightly. Shake to mix.
7. Write the following information on the container with a pen or marker that will not run if the ink gets wet:
  - full name
  - date of birth
  - date and time of collection.
8. Place the specimen container in a zip-close bag and seal it.
9. To store (until ready to return your sample):
  - place the **orange-cap** specimen container in the refrigerator for **PCR testing**.
  - keep the **orange-cap** specimen container at room temperature for **stool cultures**.
  - keep the **green-, pink- and gray-cap** specimen containers at room temperature
  - keep the screw-cap container without liquid in the refrigerator.

Repeat steps 1 to 9 if your health care provider directed you to take more than one test.

## Returning your sample

- You'll need to return your sample to your clinic or health care provider who ordered the test:
  - the **same day as collecting** for the stool pathogen PCR panel
  - within **24 hours** of collecting for white blood cell
  - within **48 hours** of collecting for other tests.
- Bring a photo ID like a driver's license and your insurance card with you.

6. Daboolka ku celi oo xir weelka. Hubi inay si adag u xidhan tahay. Rux si aad isugu qasto.
7. Ku qor macluumaadkan soo socda weelka adigoo isticmaalaya qalin ama calaamadeeye aan dareeraynin haddii khadu qoyo:
  - magac buuxi
  - Taariikhda dhalashada
  - taariikhda iyo wakhtiga la qaaday.
8. Ku rid weelka muunada bac oo xidh bacda.
9. Si aad u kaydiso (ilaa inta aad diyaarka u noqonayso inaad soo celiso muunadaada):
  - geli qaboojiyaha weelka muunada ee **daboolka huruuda** ah leh si loogu sameeyo **baaritaanka PCR**
  - ku hay heerkulka qolka weelka muunada ee **daboolka huruuda** ah leh si loogu sameeyo **beeritaanka saxarada**
  - ku hay heerkulka qolka weelasha muunada ee **furka cagaarka, casaanka iyo cawlan**
  - qaboojiyaha ku hay weelka xiran ee aanu dareeruhu ku jirin.

Ku celi tallaabooyinka 1 ilaa 9 haddii bixiyaha daryeelka caafimaadkaagu ku faray inaad sameyso wax ka badan hal baaritaan.

## Soo celinta muunadaada

- Waxaad u baahan doontaa inaad muunadaada ku soo celiso rugtaada caafimaadka ama bixiyaha daryeelka caafimaadka ee amray baaritaanka:
  - **isla maalinta uruurinta** ee saxaradaada nooca PCR panel
  - **24 saac** gudahooda ee ururinta unugyada dhiiga cad
  - **48 saacadood** gudahooda ee ururinta baaritaanada kale.
- Soo qaado aqoonsi sawir leh sida liisanka darawalnimada iyo kaarkaaga caymiska.

## When you will get the results of your lab test(s)

- 1 to 2 days:
  - stool pathogen PCR panel
  - Clostridium difficile
  - Cryptosporidium/Giardia antigen
  - Helicobacter pylori antigen
  - white blood cell
- up to 7 days: ova and parasites
- up to 2 weeks: stool culture.

Call your health care provider to get your results or if you have questions.



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Your health care provider will give you instructions on where to pick up one or more specimen containers\*, depending on which test(s) you may need. Transfer only enough stool to raise the level of liquid to the “fill to here” line (top left photo). Do not overfill. There is not a “fill to here” line on the screw-cap container without liquid (top right photo).

\*The containers shown above may not look exactly like the one you receive.

## Markaad Heli Doonto Natiijooyinka baaritaanada Shaybaadhkaaga

- 1 illaa 2 maalmood:
  - bakteeriyada saxarada ee PCR panel
  - jeermis sababa shuban daran (Clostridium difficile)
  - waa dulin yar, hal unug ka kooban, kaas oo waxyeleeya xiidmaha dadka iyo xoolaha iyo dulinka Giardia ee mindhicirka.
  - Baaritaanka bakteeriyada caloosha ee H-pylori
  - unugyada dhiiga cad
- ilaa 7 maalmood:ugxansidaha iyo dulinada
- ilaa 2 toddobaad: baaritaanka saxarada.

Wac bixiyaha xanaanada caafimaadkaaga si aad u hesho natiijadaada ama haddii aad su'aalo qabto.



Daryeelka bixiyahaaga caafimaad ayaa ku siin doona tilmaamo ku saabsan halka aad ka soo qaadanayso hal ama in ka badan weel muunad ah, iyadoo ku xidhan hadba shaybaadhka aad u baahan karto. Ku soo wareeji saxaro ku filan si aad kor ugu qaado heerka dareeraha oo u gaaro sadarka “ilaa halkan buuxi” (sawirka bidix ee sare). Ha buux dhaafin. Ku ma yaalo sadarka “ilaa halkan buuxi” weelka furka lagu wareejiyo leh ee aan dareeraha lahayn (sawirka midig ee sare).

\* Weelasha kor lagu muujiyey waxa laga yaabaa inaanay si sax ah ugu ekaan ka lagu siiyo.