

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.

Piav Qhia Txog Tus Txheej Txheem Khaws Quav Rau Kev Tshuaj Xyuas

Khaws Ib Qho Quav

Nyeem cov lus qhia tag nrho ua ntej yuav khaws ib qho quav. Tshwj xeeb heev koj yuav tsum ua raws li cov lus qhia kom khaws tau cov quav zoo tshaj plaws. Qhov no yuav pab kom kev tshuaj xyuas kuaj thiaj meej.

Koj tus kws kho mob tau xaj cov kev tshuaj xyuas nram qab no:

- yuav paub txog kev tshuaj xyuas quav rau PCR panel
- tshuaj xyuas quav saib seb puas muaj kab thiab qe kab
- tshuaj xyuas quav saib seb puas muaj kab mob cryptosporidium/giardia antigen ua rau yus mob zawv plab
- yuav paub txog kev tshuaj xyuas quav saib seb puas muaj kab mob clostridium difficile ua rau yus mob zawv plab
- tshuaj xyuas quav saib seb puas muaj kab mob helicobacter pylori antigen ua rau yus mob plab
- yuav paub txog kev tshuaj xyuas quav saib seb ntshav dawb muaj ntau npaum cas
- tshuaj xyuas quav saib seb muaj cov kab mob dab tsi

Raac tilmaan kasta oo bixiyaha daryeelka caafimaadkaagu ku siiyo.

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)
 - 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.

Ua Ntej Koj Khaws Ib Qho Quav

- Txwv tsis pub noj tej nram qab no 1 lub vas thib ua ntej yuav khaws koj ib qho quav:
 - tshuaj kho mob ntsim plab heartburn, tshuaj mob tsam plab los sis tshuaj kom tiv thaiv mob ncauj plab (antacids)
 - tshuaj uas muaj barium los sis bismuth
 - tshuaj kho mob zawv plab
 - tshuaj muaj roj uas ua yus tso quav xws li cov roj castor oil.
- Koj tus kws kho mob yuav pab cev lus qhia rau koj tuaj nqa lub taub uas koj yuav siv ntim koj ib qho quav.
- Koj kuj yuav tsum muaj:
 - ib qho khoom huv si uas yus siv tau cug quav xws li ib lub yias uas tsis tob. Muab ib qho quav kem me ntsis thiab tso rau hauv lub taub ntim quav.
 - Ib lub hnab yas los sis daim ntaub yas uas yus yuav muab qhwv lub qhov viv saum toj.
- Yog yus yuav khaws ib qho quav ntawm tus me nyuam daim pawj, muab ib daim ntaub yas qhwv daim pawj ua ntej. Muab ib qho quav kem me ntsis thiab tso rau hauv lub taub ntim quav.

Cov Lus Tshwj Xeeb Txog Cov Taub Ntim Quav

- Tej lub taub ntim quav yuav muaj ib qho kua nyob rau hauv kom cov quav txhob phem. Txhob muab cov kua no nchuav tawm. Koj yuav ntxiv koj ib qho quav rau hauv cov kua no. Cov kua uas nyob hauv:
 - cov taub ntim quav uas siv **lub hau xim kab ntxwv** tej zaum yuav ua rau yus cov nqaj thiab qhov muag meem txom.
 - Siv dej txias ntxuav thiab yaug koj tus kheej tam sim ntawd yog koj ua xeej paug koj tus kheej.

- **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.
 - 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.

- cov taub ntim quav uas siv **lub hau xim ntsuab** lom tau neeg.
 - Hu xov tooj mus rau koj lub poison center, los sis chaw hauj lwm pab soj ntsuam tshuaj lom ntawm tus npaws 1-800-222-1222 los sis mus ncaj qha rau lub chaw kho mob Emergency ntawm lub hoo maum ze tshaj plaws rau koj tam sim ntawd yog koj tau hauv cov kua no lawm.
- cov taub ntim quav uas siv lub hau xim txho thiab **lub hau xim paj yeeb ntsha** tej zaum yuav ua rau yus cov nqaij thiab qhov muag meem txom.
 - Siv dej txias ntxuav thiab yaug koj tus kheej tam sim ntawd yog koj ua txej paug koj tus kheej. Cov kua lom tau neeg.
 - Hu xov tooj mus rau koj lub poison center ntawm tus npaws 1-800-222-1222 los sis mus ncaj qha rau lub chaw kho mob Emergency ntawm lub hoo maum ze tshaj plaws rau koj tam sim ntawd yog koj tau hauv cov kua no lawm.*
- Tsis txhob siv lub taub yog tias:
 - cov kua ntxim li paug lawm los sis daj rhuv
 - tas kas nuv lawm.
- Txhob cia koj lub taub nyob ze ib qho chaw kub los sis hluav taws. Cov kua raug hlawv ua hluav taws yooj yim heev (flammable).
- Muab koj lub taub ntim quav tso kom cov me nyuam thiab tsiaj hauv tsev kov tsis tau.

Piav txog tus txheej txheem khaws koj cov quav

Koj yuav khaws ib qho quav rau ib hom los sis ntau hom kev tshuaj xyuas, nyob ntawm seb koj tus kws kho mob tau xaj li cas lawm. Koj siv tau tib qho quav rau ntau hom kev tshuaj xyuas.

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.

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.

Rau txhua txoj kev tshuaj xyuas:

1. Muab lub hau tswj ntswj kom hle los ntawm lub taub ntim quav. Muab tso rau ib sab.
2. Npaj lub khoom cug quav (ib lub yias uas tsis tob, ib lub hnab yas los sis daim ntaub yas) uas koj yuav siv khaws quav.
3. Khaws ib qho quav. Tsis txhob khaws cov quav uas tau muaj dej los sis zis paug rau lawm.
4. Siv rab diav yas uas txuas rau lub hau, khaws ib qho quav tawm ntawm cov quav uas muaj ntshav, muaj kua nplaum los sis muaj kua quav (yog tshwm sim zoo li no). Yog tias cov quav tawv tawv, ces khawb ib qho quav rau ntawm ob lub ntsis thiab ib co ntawm nruab nrab.
5. Muab cov quav tso rau hauv lub taub uas muaj **lub hau xim kab ntxwv thiab xim ntsuab** kom cov kua thiaj ntab mus txog txoj kab "fill to here". Txhob cia phwj. Yog koj muaj ib lub taub uas muaj lub hau ntswj thiab tsis muaj kua nyob hauv hlo li, muab ib co kua quav (luaj li ib lub txiv laum huab xeeb) tso rau hauv lub taub no. Tsis muaj ib txoj kab sau hais tias "fill to here" hauv lub taub no.
6. Muab lub hau ntswj kom kaw lub taub. Kuaj kom paub tias lub hau ntswj tau ceev ceev. Muab co kom sib xyaw.
7. Siv ib tug cwj mem los sis mas kawm uas muaj cov kua uas yuav tsis ntub los dab tsi sau cov lus hauv qab no ntawm lub taub ntim quav.
 - lub npe thiab lub xeeb
 - lub hnuv yug
 - lub vas thib thiab lub sij hawm uas yus khaws quav.
8. Tso lub taub rau hauv ib lub hnab yas uas yus swb tau kom khov kho.

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.

9. Muab tso ib qho chaw zoo zoo (txog thaum koj npaj siab xa koj lub taub mus):
 - tso lub taub uas muaj **lub hau xim kab ntxwv** rau hauv lub tub yees thiaj yuav siv tau rau kev tshuaj xyuas **PCR testing**.
 - tso lub taub uas muaj **lub hau xim kab ntxwv** rau ib qho chaw tsis kub tsis txias thiaj yuav siv tau rau kev tshuaj xyuas **stool cultures**.
 - tso cov taub uas muaj **cov hau xim ntsuab, xim paj yeeb, thiab xim txho** rau ib qho chaw tsis kub tsis txias.
 - muab lub taub uas muaj lub hau ntswj thiab tsis muaj kua tso rau hauv tub yees.

Rov qab ua kauj ruam 1 mus rau 9 yog tias koj tus kws kho mob qhia koj hais tias koj yuav ua ntau tshaj ib txoj kev tshuaj xyuas.

Kev Xa Koj Cov Quav Rov Qab Tuaj Rau Lub Khw

- Koj yuav tsum xa koj thoog quav rov qab mus rau lub tsev kho mob los sis tus kws kho mob uas tau xaj kev tshuaj xyuas ntawd:
 - yog tias kws kho mob tshuaj xyuas quav rau PCR panel, xa lub taub tib hnuv uas yus khaws quav
 - yog tias kws kho mob tshuaj xyuas ntshav dawb, xa lub taub ua ntej dhau 24 xuab moo tom qab koj khaws tau quav.
 - yog tias kws kho mob tshuaj xyuas lwm yam, xa lub taub ua ntej dhau 48 xuab moo tom qab koj khaws tau quav.
- Nqa ib daim npav uas muaj koj daim duab xws li daim ntawv tso cai tsav tsheb thiab koj daim npav isaslas nrog koj tuaj.

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.

Thaum Twg Yuav Txais Lus Qhia Txog Koj Tej Kev Tshuaj Xyuas

- 1 mus txog 2 hnuv tom qab:
 - yuav paub txog kev tshuaj xyuas quav rau PCR panel
 - yuav paub txog kev tshuaj xyuas quav saib seb puas muaj kab mob clostridium difficile ua rau yus mob zawv plab
 - yuav paub txog kev tshuaj xyuas quav saib seb puas muaj kab mob cryptosporidium/giarda ua rau yus mob zawv plab
 - yuav paub txog kev tshuaj xyuas quav saib seb puas muaj kab mob antigenhelicobacter pylori antigen ua rau yus mob plab
 - yuav paub txog kev tshuaj xyuas quav saib seb ntshav dawb muaj ntau npaum cas
- yuav siv txog ntuav 7 hnuv: kuaj ntsuas quav rau kab mob ova thiab kab.
- siv sij hawm txog ntuav 2 lub lim tiam: kuaj ntsuas quav.

Hu mus rau koj tus kws kho mob kom lawv pab qhia txog koj tej kev tshuaj xyuas los sis yog koj muaj lus nug.



Koj tus kws kho mob mam li qhia koj seb yuav ua li cas thiaj nqa tau ib lub hwj ntim quav lossis ntau lub fwj ntim quav, nyob ntawm seb koj yuav kuaj hom kev kuaj ntsuas twg. Tsuas muab quav kom txaus kom cov dej mus txog txoj kab uas hais tias “puv txog qhov no” rau ntawm lub hwj (daim duab sab laug saum toj). Tsis txhob muab ntau dhau. Tsis muaj ib txoj kab uas hais tias “puv txog qhov no” ntawm lub hwj uas tsis muaj dej (daim duab sab xis saum toj).

* Cov thawv ntim tau pom saum toj no yuav tsis zoo ib yam li qhov koj tau txais.