

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
- Giardia antigen
- ova and parasites
- Cryptosporidium
- 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)
 - barium or bismuth
 - medicines to treat diarrhea
 - oily laxatives such as castor oil.

Ua Li Cas thiaj Cug tau ib co Quav Coj Mus Kuaj rau Koj Txoj Kev Kuaj Xyuas

Kev Cug ib co Quav Coj Mus Kuaj

Nyeem tag nrho cov lus qhia ua ntej pib cug cov quav. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

Koj tus kws kho mob tau hais kom koj raug tej kev kuaj xyuas no:

- kuaj kab mob hauv quav PCR
- Seb puas muaj tus kab giardia
- ova thiab parasites
- Tus kab mob cryptosporidium
- Tus kab mob clostridium difficile
- Tus kab mob Helicobacter pylori
- cov ntshav dawb
- seb puas muaj kab mob hauv quav.

Ua raws li koj tus kws kho mob cov lus qhuab qhia.

Ua Ntej Koj Cug Ib Co Quav Coj Mus Kuaj

- Tsis txhob noj tej yam no li 1 lim piam ua ntej koj cug cia:
 - cov tshuaj pab thaum mob plab, tsam plab los sis tshuaj pab thaum muaj kiav txhab hauv plab
 - tshuaj zas (barium) los sis bismuth
 - tshuaj uas pab thaum raws plab
 - tshuaj thaj plab zoo li tshuaj hu ua castor oil. **(over)**

- Your health care provider will give you instructions for picking up your specimen container(s) for collecting your sample.
- You will also need a clean collection device such as a shallow pan, plastic bag or clear plastic wrap (to place over the toilet seat) in which to collect your sample before transferring part of it to the specimen container(s).

To collect a sample from a child in diapers, line the diaper with clear plastic wrap and transfer part of the sample to the specimen container(s).

Special Notes About the Specimen Containers

- Some specimen containers contain liquid (a preservative). Do not pour it out. You will add your sample to it. The liquid in the:
 - orange-cap specimen container 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 consume any of this liquid.**
- Do not use a specimen container if:
 - the solution appears cloudy or yellow
 - it is past the expiration date.
- Keep your specimen container(s) away from heat or flames. The liquid is flammable.
- Keep your specimen container(s) out of the reach of children and pets.

How to Collect Your Sample

You will be collecting 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:

- Koj tus kws kho mob mam li qhia koj seb yuav ua li cas thiaj nqa tau hwj cug quav rau koj cug mus kuaj.
- Koj kuj yuav xav tau ib yam dab tsi huv uas cug tau zoo li ib lub yias ntiav, ib hnab yas los sis ntaus yas nyias nyias uas (muab tso rau ntawm lub rooj zaum tso quav) rau koj tau cug cia ua ntej koj muab tso hauv hwj cug quav coj mus kuaj.
Yog xav cug ib co ntawm ib tug me nyuam daim pawj, muab ib daim ntaub yas tso sab hauv daim pawj thiab muab ib co quav tso rau hauv hwj cug quav.

Cov Lus Qhia Tshwj Xeeb Txog cov Hwj Cug Quav

- Tej hwj cug quav muaj ib co dej hauv (ib qho uas pab ceev cia). Tsis txhob muab nchuav tawm. Koj yuav ntxiv koj cov quav rau hauv. Cov dej hauv lub:
 - hwj uas muaj hau xim kab ntxwv txawj ua rau cov tawv nqaij los sis qhov muag khaus. Yaug los sis tso dej rau yog tias yus twb kov tau lawm.
 - hwj uas muaj hau xim ntsuab yeej yog ib co tshuaj lom. **Hu koj lub nroog qhov chaw pab thaum muaj tshuaj lom nyob ntawm 1-800-222-1222 los sis mus rau Chav Kho Mob Kam Ceev ze tshaj plaws sai li sai tau yog tias koj nqos ib co dej no.**
- Tsis txhob siv hwj cug quav yog hais tias:
 - cov dej muaj txos los sis yog xim daj lawm
 - nws twb dhau hnub tas kas nuv lawm.
- Tsis txhob cia hwj cug quav nyob ze dab tsi uas kub los sis tej nplaim hluav taws. Cov dej no txawj kub hnyiab.
- Tso hwj cug quav hauv tej qhov chaw uas cov me nyuam thiab tsiaj txhu ncav tsis tau.

Ua Li Cas thiaj Cug tau Koj Cov Quav

Koj yuav cug me ntsis rau ib los sis ob peb txoj kev kuaj, nyob ntawm seb koj tus kws kho mob hais kom kuaj li cas. Thaum tso tau ib tawb quav koj siv tau tawb ntawd rau ntau tshaj ib txoj kev kuaj. Rau txhua txoj kev kuaj:

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. **Do not 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. **Do not 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.
9. To store (until ready to return your sample):
 - place the orange-cap specimen container (stool pathogen PCR panel, Giardia antigen, stool culture) in the refrigerator
 - keep the green-cap specimen container (ova and parasites, Cryptosporidium) at room temperature

1. Tshem lub hau ntawm hwj cug quav. Muab tso cia.
2. Npaj lub tais uas yuav tso quav hauv (lub yias ntiav, hnab yas los sis cov ntaub yas) uas koj yuav tso quav hauv.
3. Khaws tau cov quav. **Tsis txhob khaws cov quav uas twb chwv dej los sis zis lawm.**
4. Siv rab diav uas nyob ntawm lub hau, dauv ib co quav los ntawm cov uas los ntshav, cov uas nplaum los sis cov uas yog quav dej (yog tias muaj). Yog tias cov quav tawv, xaiv cov ntawm ob tug ntsis thiab hauv nruab nrab cov quav ntawd.
5. Muab quav txaus hauv hwj uas muaj lub hau xim kab ntxwv thiab xim ntsuab kom cov dej thiaj puv txog txoj kab uas hais tias “puv txog qhov no”. **Tsis txhob muab ntau dhau.**

Yog koj muaj ib hwj uas muaj lub hau uas ntswj uas tsis muaj kua hauv, muab cov kua quav (luaj li ib lub txiv qhib) tso hauv lub hwj no. Tsis muaj ib txoj kab uas hais tias “puv txog qhov no” hauv hwj no.
6. Muab lub hau kaw rau hwj no. Yuav tsum ua tib zoo kaw kom ntom. Muab co co.
7. Siv ib tug cwj mem uas muaj cov kua mem uas tsis ploj yog tias ntub sau tej yam xov xwm nram qab no rau ntawm lub hwj:
 - lub npe tag nrho
 - hnub yug
 - hnub tim thiab tsawg moos muab cug cia.
8. Tso lub hwj cug quav hauv ib hnab yas thiab muab khi cia.
9. Kom khaws cia (txog thaum koj npaj xa cov quav rau lawv kuaj):
 - tso lub hwj cug quav uas muaj lub hau xim kab ntxwv (kuaj kab mob hauv quav PCR, khoom tiv thaiv Giardia, kuaj seb puas muaj kab mob) rau hauv tub yeas
 - lub hwj uas muaj hau xim ntsuab (ova thiab parasites, tus kab mob Cryptosporidium) tso hauv ib chav tsev xwb

- keep the screw-cap container without liquid (Clostridium difficile, Helicobacter pylori antigen, white blood cell) in the refrigerator.

Repeat steps 1 to 9 if your health care provider ordered more than one test.

Returning Your Sample

- You will 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.
- Please bring a photo ID such as a driver's license and your insurance card with you.

When You Will Get the Results of Your Lab Test(s)

- **1 to 2 days:** stool pathogen PCR panel, Clostridium difficile, Helicobacter pylori antigen, white blood cell
- **up to 4 days:** Giardia antigen, ova and parasites, Cryptosporidium
- **up to 2 weeks:** stool culture

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

- tso lub hwj uas muaj lub hau uas ntswj uas tsis muaj kua hauv (kab mob Clostridium difficile, kab mob Helicobacter pylori, cov ntshav dawb) rau hauv tub yees.

Rov qab ua theem 1 mus txog 9 yog tias koj tus kws kho mob hais kom kuaj ntau tshaj ib zaug.

Xa Koj Cov Quav Rov Qab Los

- Xa koj cov quav rov mus rau koj lub tsev kuaj mob los sis tus kws kho mob uas sau kom ua txoj kev kuaj no:
 - tib hnuv uas cug tau cov quav rau txoj kev kuaj kab mob hauv quav PCR
 - hauv 24 xuab moos tom qab cug qhov rau cov ntshav dawb
 - ua ntej dhau 48 xuab moos tom qab cug tau rau lwm txoj kev kuaj.
- Nqa koj daim ntawv qhia npe ID zoo li koj daim npav pub yus tsav tsheb thiab daim ntawv rau isalas kho mob nrog koj.

Thaum Twg Koj Mam li Kawm Seb Lawv Kuaj Tau Li Cas rau Koj Txoj Kev Kuaj No

- **1 mus rau 2 hnuv:** nrhiav kab mob hauv quav PCR, kab mob Clostridium difficile, kab mob Helicobacter pylori antigen, cov ntshav dawb
- **mus txog 4 hnuv:** kab mob Giardia, ova thiab parasites, kab mob Cryptosporidium
- **mus txog 2 lim piam:** seb muaj kab mob twg hauv cov quav

Hu koj tus kws kho mob yog xav paub seb kuaj tau li cas los sis yog tias koj muaj lus nug dab tsi.



You will need to pick up one or more specimen containers, depending on which test(s) were ordered. Transfer only enough stool to raise the level of liquid to the “fill to here” line (top photo). Do not overfill. There is not a “fill to here” line on the screw-cap container without liquid (bottom photo).



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Koj yuav tau nqa ib los sis ob peb hwj cug quav, nyob ntawm seb tau hais kom kuaj li cas. Tsuas cug quav kom txaus cov dej mus txog txoj kab uas hais tias “puv txog qhov no” rau ntawm lub hwj (daim duab sab saum toj). Tsis txhob muab ntau dhau. Tsis muaj ib txoj kab uas hais tias “puv txog qhov no” hauv hwj uas tsis muaj dej (daim duab sab hauv qab no).



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