Stool Specimen Collection Instructions –
Other than Fecal Occult Blood Test

1. You have been given a collection container(s), which will help you collect a stool specimen. By following these instructions you will help the laboratory do a better job and avoid the need to repeat the test.

Please:
• **Do** collect the specimen as directed in the steps below.
• **Do not** urinate on the specimen or in the collection cup.
• **Do not** pass the specimen directly into the cup.
• **Do not** pass the specimen into a toilet.
• **Do not** collect stool that has had contact with toilet paper.

2. The stool should be passed into a clean dry container. You can use the following to catch the passed stool:
   • Use a bedpan, clean margarine tub, clean wide-mouthed jar or a clean milk carton with the top cut off
   • Place a large plastic bag into a waste basket
   • Lay a large plastic bag or saran wrap over the toilet seat

3. Open the cup. Using a plastic disposable spoon or other disposable tool, place the appropriate amount of stool into the container. Include samples of stool that appear bloody, slimy or watery. If the stool is formed, try to collect a portion of stool from each end and in the middle.
   • If the cup does not have liquid in it, place a walnut-sized amount of stool into the cup. Replace the cap on the cup. This container must be stored in the refrigerator if you cannot bring it immediately to your doctor.
   • If the cup has a liquid in it, place enough stool into the cup until the contents rise to the red line. Replace the cap on the cup. Twist the cap tightly. Shake the contents until the stool and the liquid are mixed. This container can be stored at room temperature until you bring it to your doctor.

4. Wash your hands. If any liquid from the cup gets on your hands or in your eyes, wash the area with plenty of water. If the area gets irritated, call your doctor.

5. Label the container with your name and date of birth.

6. Ideally, a stool specimen should be returned to your doctor or the lab within an hour after collecting it. If this is not possible, be sure to return your specimen within 24 hours of collecting it.

**Warning:** Liquid in the cup is poisonous. Do not drink. Keep out of reach of children. If swallowed, contact the local poison control center or your doctor.