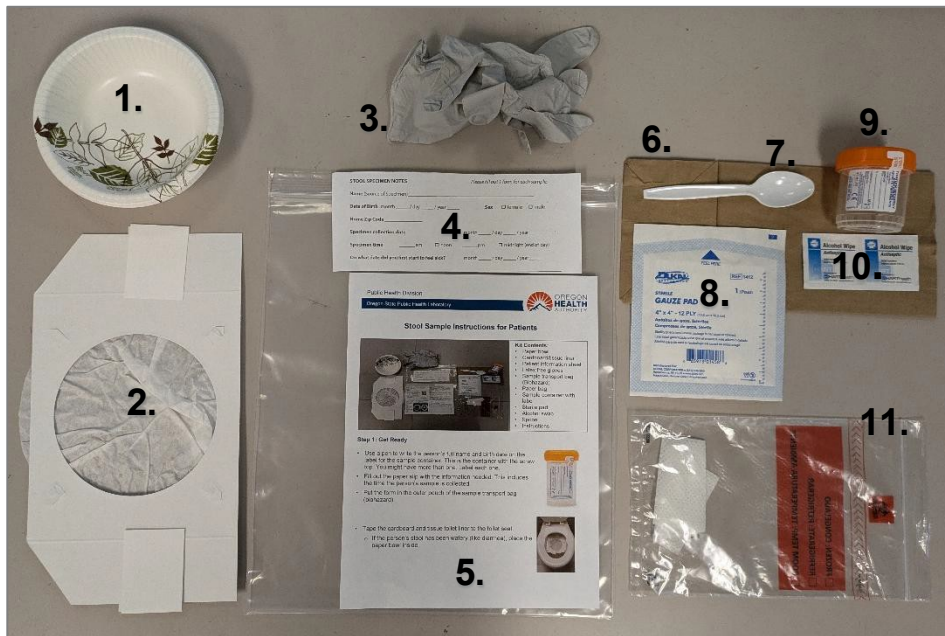


## Stool Sample Instructions for Patients



### Kit Contents:

1. Paper bowl
2. Cardboard/tissue liner
3. Latex free gloves
4. Stool Specimen Notes
5. Instructions
6. Paper bag
7. Spoon
8. Sterile pad
9. Sample container with label
10. Alcohol swab
11. Biohazard bag

### Step 1: Get Ready

- Write the person's full name and birth date on the sample container label with a pen. Also write the day and time you collect the sample.
  - You might have more than one container. Label each one.
- Fill out the Stool Specimen Notes sheet with the information needed, including the time the person's sample is collected. Put the sheet in the outer, open pouch of the Biohazard bag.
  - Do not remove the white absorbent paper from the bag.
- Urinate (pee) before starting the stool collection.
- Put the cardboard/ tissue liner on the toilet seat to catch the stool (poop). The cardboard has tape on the bottom; peel off the backing to tape the liner to the toilet seat.
- If the person's stool has been watery (like diarrhea), place the paper bowl on top of the tissue toilet liner.



Example of a sample container



Toilet liner by itself

Toilet liner with bowl for watery stool

## Step 2: Collect the Sample

- Sit on the toilet and collect stool (poop) into the liner or bowl. Try not to urinate (pee) onto the stool.
- Put on the gloves. Using the spoon, scoop some stool into the sample container.
  - The sample should be the size of a cherry tomato or a large grape; more is OK unless there is a fill line on the container.
  - If the stool is watery, scoop or pour it from the paper bowl into the container.
  - If the container has liquid in it, leave it inside. Do not pour the liquid out. Add stool to the liquid until it reaches fill line. (see example)
- Put the cap on the sample container and tighten so the sample does not leak.
- Wipe the outside of the container with an alcohol pad.
  - Check the writing on the container. Fix any smeared writing.



Sample container with liquid and fill line



Sample in Biohazard bag



Wash hands well with soap and water

## Step 3: Clean Up

- Put each sample container in its own Biohazard bag.
- Remove the gloves and wash your hands well with soap and water.
- Put everything you used in your regular trash where no one can touch it.
- Seal the zippers of the Biohazard bags so they do not leak. Be sure the white, absorbent square stays inside the bags.
- Put the Biohazard bags with the Stool Specimen Notes in the paper bag. Wash your hands well with soap and water again.
- See below for storage and delivery instructions. (Step 4)

## Step 4: Get Your Sample Tested (LPHA to complete for patient)

<u>Store sample(s):</u>	<u>Delivery of Sample(s) (details below):</u>
<p><b>Refrigerated</b> (Fridge)</p>	<p><input type="checkbox"/> Deliver to Local Health Department</p> <p><input type="checkbox"/> Someone will pick up</p>

## Special Handling or Instructions (LPHA to complete for patient)