How to collect your stool sample

Your healthcare provider has ordered a test that requires a stool sample. Follow these simple steps to collect your sample safely and make sure it can be tested.

Before you collect your sample

- Use the Protocult collection container or sterile container provided by your healthcare provider or laboratory.
- Do not collect the sample in a diaper.
- Keep urine, toilet water, and barium away from the stool sample. If any of these mix with the sample, it may not be suitable for testing.

How to collect your stool sample

1. Read and follow the instructions that came with your Protocult collection kit.
2. Place the Protocult collection container toward the back of the toilet. This helps keep urine from getting into the sample.
3. Have your bowel movement directly into the Protocult collection container.
4. Follow the kit instructions to transfer the correct amount of stool into each orange-and-white-lid specimen container. Do not overfill or underfill the specimen containers.
5. Write your full name, date of birth, and the date and time of collection on each specimen container.
6. Place the labeled specimen containers into the biohazard bag.
7. Follow the instructions that came with your kit for disposing of the used Protocult collection container.
8. Bring the sealed biohazard bag to your healthcare provider or the nearest laboratory within 24 hours of collection.

Where to drop off your sample

Please bring your sample to your healthcare provider or an Adena Health laboratory within 24 hours of collection.

The nearest drop-off location for you is:

Questions?

If you have questions about collecting, storing, or dropping off your sample, please call Adena Health laboratory at 740-779-7649.

Thank you for following these instructions carefully. This will help ensure your sample can be processed correctly.

ADENA HEALTH

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How to store your sample before drop-off

Your sample may need to be refrigerated if you cannot bring it to the laboratory right away. Storage times depend on the type of test being performed.

Important: Do not freeze your stool sample unless your laboratory specifically tells you to.

The table below provides general storage limits for different stool tests. Your collection kit or healthcare provider's instructions should always take priority.

Test	Specimen consistency	Storage at room temperature	Storage in refrigerator
GI stool panel	Liquid	2 hours	24 hours
Stool culture	Liquid	3 hours	72 hours
C. diff	Liquid	24 hours	5 days
Fecal electrolytes	Liquid	Unacceptable	1 week
Stool pH	Liquid or formed	1 hour	36 hours
Occult blood stool	Liquid or formed	30 days	Not applicable
H. pylori Ag	Liquid or formed	4 days	4 days
Reducing substance, fecal	Liquid or formed	Unacceptable	1 week
Lactoferrin, fecal	Liquid or formed	2 weeks	2 weeks
Calprotectin, fecal	Liquid or formed	Unacceptable	7 days
Ova & parasite exam	Liquid or formed	9 months	9 months
Pancreatic elastase, fecal	Liquid or formed	Unacceptable	2 weeks
Rotavirus antigen	Liquid or formed	2 hours	72 hours
Fecal fat	Liquid or formed	1 hour	2 weeks

When in doubt, contact your healthcare provider or laboratory before storing your sample.