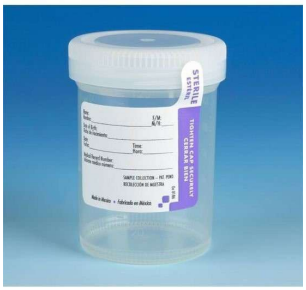
How to Collect a Stool Sample

1. You have been told you need a lab test which requires a sample of a bowel movement (stool). Follow the steps below to collect the sample.
2. If the vial contains liquid DO NOT DUMP IT OUT. Liquids in these vials are POISON! Keep out of the reach of children
3. Do not use laxatives before you collect the stool sample. If you had barium for an imaging test, wait until the white color is gone from your stool before doing the test.
4. Pass urine into the toilet.
5. Place the collection hat over the back part of the toilet bowl rim. Lower the toilet seat and pass stool into the hat or plastic wrap. Do not pass stool directly into the vial.
6. Do not collect the stool from the toilet or let urine or water come into contact with the stool.
7. Fill the vial using the attached spoon until the liquid reaches the fill line. If too much or too little stool is present, the sample may need to be collected again. Be sure to close the lid tightly. Mix well by shaking.
8. Collect for one day. More than one bowel movement can be used during one day of collection to get enough stool for all vials, if necessary.
9. Wash your hands with soap and water. If any liquid from the vial gets on your skin or in your eyes, flush well with running water. If irritation develops, contact your health care provider.
10. Label the vial(s) with your full legal name, birthdate, collection date and time. Note the stool quality on the vial (such as watery, loose, soft, or firm).
11. Return the specimen vial(s) to the nearest Sanford facility within 24 hours of collection. Please call Sanford Laboratories with any questions:
    - Bemidji:1-218-333-5511
    - Bismarck: 1-701-323-5439
    - Fargo:1-701-234-4888
    - Sioux Falls: 1-877-392-1234

Note: For children in diapers, collect the stool sample by lining the diaper in plastic wrap. Do not include any wipes used with the specimen.

Test(s) ordered by Provider: (highlight/circle tests indicated):	Vial(s) to place stool in:	Collection Instructions:	How/When to take to Lab
• Ova and Parasite Exam • Cryptosporidium/Cyclospora Smear	 Eco-Fix or Total-Fix	• Use attached spoon to fill vial(s) until liquid reaches line indicated by red arrow • Mix well by mashing or shaking • Specimen will be rejected if liquid is above or below the indicated line	• Take vial(s) to Sanford laboratory within 24 hours • Store at room temperature. DO NOT refrigerate or freeze
• Crypto/Giardia EIA • Giardia EIA • Cryptosporidium EIA • Enteric Panel without C. difficile, NAT • Enteric Viral Panel, NAT • Enteric Bacterial Panel, NAT (These tests can share a single vial)	 Para-Pak C&S	• Use attached spoon to fill until container liquid reaches line indicated by red arrow • Mix well by mashing or shaking • Specimen will be rejected if liquid is above or below the indicated line	• Take vial to Sanford laboratory within 24 hours • Store refrigerated

• Stool Culture/ ShigaToxin • Enteric Parasite Panel • Extended Parasite Panel (These tests can share a single vial)	 Para-Pak C&S	• Use attached spoon to fill until liquid reaches line indicated by red arrow • Mix well by mashing or shaking • Specimen will be rejected if liquid is above or below the indicated line	• Take vial to Sanford laboratory within 24 hours • Store refrigerated
• Fecal Fat Screen • Norovirus by NAT • C. difficile by NAT • H. pylori Antigen **(Each test requires a separate vial)		• Pour or use a wooden stick/spoon to transfer stool until vial is 1/3 full or covers the bottom of the container (5 mL) • C. difficile testing will only be performed on LIQUID stool samples	• Take vial(s) to Sanford laboratory within 24 hours • Store refrigerated
• Pancreatic Elastase-1, Fecal • Calprotectin (Only these tests can share a container)		• Either pour or use a wooden stick to transfer stool until full (approximately 20 mL)	• Take vial to Sanford laboratory within 24 hours • Store frozen

• Reducing Substance, Fecal (Requires a separate vial)	  Container with no Preservative	• Use a wooden stick to transfer stool until vial is full (approximately 15 mL)	• Take vial to Sanford laboratory within 24 hours • Store frozen