

## 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 is 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
- ova and parasites
- Cryptosporidium/giardia antigen
- 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.

## Yuav Ua Li Cas Khaws Ib Thooj Quav rau Koj Txoj Kev Kuaj Ntsuas

### Khaws Ib Thooj Quav

Nyeem tag nrho cov lus qhia ua ntej yuav khaws quav. Yeej tseem ceeb kom ua raws li cov lus qhia xwv kom thiaj paub khaws quav. Qhov no yuav pab kom kev kuaj ntsuas thiaj yog.

Koj tus kws kho mob tau yuav tej kev kuaj ntsuas nram qab no:

- kuaj ntsuas quav rau caj ces PCR
- kuaj ntsuas quav rau kab mob
- kuaj ntsuas quav rau kab mob kom zawv plab
- kuaj ntsuas quav rau kab mob kom zawv plab heev thiab hnyuv o
- kuaj ntsuas quav rau kab mob kom mob plab
- kuaj ntsuas rau ntshav dawb
- kuaj ntsuas quav.

Ua raws li cov lus qhia uas koj tus kws kho mob muab rau koj.

### Ua Ntej Koj Khaws Koj Thooj Quav

- Txwv tsis pub noj tej nram qab no 1 lub lim tiam ua ntej yuav khaws koj thooj quav:
  - tshuaj kho mob ntsim plab, mob plawv los sis kom tiv thaiv ntawm mob plab (antacids)
  - tshuaj uas muaj barium los sis bismuth
  - tshuaj kho lub plab zawv
  - tshuaj pab tso quav uas muaj roj xws li castor.

**(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 in which to collect your sample. Transfer part of the sample to the specimen container(s).
  - a plastic bag or clear plastic wrap to place over the toilet seat.
- To collect a sample from a child in diapers, line the diaper with clear plastic wrap. Transfer part of the sample to the specimen container(s).

### Special Notes About Specimen Containers

- Some specimen containers include a liquid preservative. Do not pour out this liquid. You will add your sample to it. The liquid in the:
  - orange-cap specimen containers 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 swallow any of this liquid.**
  - grey-cap and pink-cap specimen containers may cause irritation to your skin or eyes.
    - rinse or flush with cool water right away if contact occurs. The solution is poisonous.
    - **Call your local poison center at 1-800-222-1222 or go to the nearest hospital Emergency Department right away if you swallow any of this liquid.\***

- Koj tus kws kho mob yuav muab cov lus qhia rau koj kom thiaj tau koj txoj (cov) hlab khaws quav.
- Koj kuj yuav tsum muaj:
  - ib qho khoom huv kom txais quav xws li ib lub yias uas tsis tob kom thiaj khaws koj cov qauv. Muab ib feem quav kem thiab tso rau hauv txoj hlab khaws.
  - ib lub hnab yan los sis daim ntaub yan qhwv kom tso saum lub rooj tso quav.
- Kom thiaj khaws quav ntawm ib tug me nyuam uas tseem hnav daim pawj, muab cov ntaub yan tso rau hauv daim pawj kom npog tag nrho daim pawj. Muab ib feem quav tso rau hauv txoj hlab khaws.

### Cov Lus Tshwj Xeeb Txog Cov Hlab Khaws

- Tej txoj hlab khaws muaj ib co kua kom tseg khoom. Tsis txhob hliv muab pov tseg cov kua no. Koj yuav ntxiv koj thoov quav rau hauv cov kua no. Cov kua rau hauv:
  - txoj hlab muaj hau xim kab ntxwv tej zaum yuav xeeb txog cov nqaij tawv los sis qhov muag.
    - ntxuav kom huv tam sim ntawd yog cov kua chwv koj ib qho dab tsi.
  - txoj hlab muaj hau xim ntsuab yog ib co kua lom.
    - **Hu mus rau koj lub zej zog qhov chaw raug lom 1-800-222-1222 los sis mus ncaj rau lub tsev kho mob Qhov Chaw Rau Xwm Txheej Ceev tam sim ntawd yog koj nqos cov kua no.**
  - txoj hlab muaj hau xim txho thiab xim paj yeb muaj kua uas tej zaum yuav xeeb txog cov nqaij tawv los sis qhov muag.
    - ntxuav kom huv tam sim ntawd yog cov kua chwv koj ib qho dab tsi. Cov kua muaj lom.
    - **Hu mus rau koj lub zej zog qhov chaw raug lom 1-800-222-1222 los sis mus ncaj rau lub tsev kho mob Qhov Chaw Rau Xwm Txheej Ceev tam sim ntawd yog koj nqos cov kua no.\***

- 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 will catch on fire (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:

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.**

- Tsis txhob siv ib txoj hlab yog tias:
  - cov kua rau hauv ntxim li xim daj los sis muaj huab
  - twb dhau hnuab caij zoo.
- Txhob cia koj cov hlab khaws nyob ze qhov kub los sis hluav taws. Cov kua txawj hlawv (raug hluav taws).
- Muab koj cov hlab khaws tso kom cov me nyuam thiab tsiaj hauv tsev kov tsis tau.

## Yuav Ua Li Cas Khaws Koj Thooj Quav

Koj yuav khaws ib thooj quav rau ib los sis ntau hom kev kuaj ntsuas, nyob ntawm seb koj tus kws kho mob hais dab tsi. Koj siv tau tib thooj quav rau ntau hom kev kuaj ntsuas. Rau txhua txoj kev kuaj ntsuas:

1. Muab lub hau tswj kom qhib txoj hlab. Muab tso rau ib sab.
2. Npaj lub yias txais quav (ib lub yias uas tsis tob, ib lub hnab yan los sis ntaub yan) uas koj yuav siv kom khaws quav.
3. Khaws thooj quav. **Tsis txhob khaws cov quav uas tau xyaw nrog dej los sis zis.**
4. Xuas rab diav yan uas txuas rau lub hau, khawb ib co thooj quav tawm ntawm cov quav uas muaj ntshav los sis lo dej ntau (yog muaj). Yog tias thooj quav tawv tawv, ces khawb ib co quav rau ntawm ob lub ntsis quav thiab ib co ntawm qhov nruab nrab.
5. Muab cov quav tso rau hauv txoj hlab muaj hau xim kab ntxwv thiab xim ntsuab ntau txaus kom cov kua thiaj tsa mus txog txoj kab "fill to here". **Tsis txhob tso ntau dhau kom nchuav.**

Yog koj muaj ib txoj hlab muaj hau tswj uas tsis muaj kua hlo li, muab ib co kua quav (luaj li ib lub txiv laum huab xeeb) tso rau hauv txoj hlab no. Tsis muaj ib txoj kab "fill to here" rau ntawm txoj hlab no.
6. Muab lub hau tswj kom kaw txoj hlab. Ua tib zoo kom lub hau thiaj tswj ceev ceev. **Muab co kom thiaj sib xyaw.**

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 in the refrigerator
  - keep the green-, pink- and grey-cap specimen containers at room temperature
  - keep the screw-cap container without liquid in the refrigerator.

Repeat steps 1 to 9 if your health care provider directed you to take 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.
- Bring a photo ID such as a driver's license and your insurance card with you.

7. Muab cov ntaub ntauv nram qab no sau rau ntawm txoj hlab es siv ib tug npis uas yuav tsis xau yog tias cov cwj mem raug ntub:
  - lub npe tag nrho
  - hnuv yug
  - hnuv tim thiab lub sij hawm uas tau khaws quav.
8. Tso txoj hlab rau hauv ib lub hnab yan muaj swb thiab muab kaw zoo.
9. Kom thiaj tseg cia (txog thaum koj npaj siab xa koj cov hlab khaws rov qab):
  - tso txoj hlab muaj hau xim kab ntxwv rau hauv lub tub yeas
  - cia cov hlab muaj hau xim ntsuab, xim paj yeeb, thiab xim txho nyob kub li lub chav nyob
  - tso txoj hlab uas muaj hau tswj uas tsis muaj kua rau hauv lub tub yeas.

Rov qab ua kauj ruam 1 mus rau 9 yog tias koj tus kws kho mob qhia kom ua ntau dau ib txoj kev kuaj ntsuas.

## Kev Xa Koj Thooj Quav Rov Qab Mus

- Koj yuav tsum xa koj thooj quav rov qab mus rau lub tsev kho mob me los sis tus kws kho mob uas tau yuav kev kuaj ntsuas ntawd:
  - tib hnuv tau khaws quav rau kev kuaj ntsuas quav rau caj ces PCR
  - ua ntej dhau 24 teev txij thaum khaws quav rau kev kuaj ntsuas ntshav dawb
  - ua ntej dhau 48 teev txij thaum khaws quav rau lwm yam kev kuaj ntsuas.
- Nqa ib daim npav uas muaj koj daim duab xws li daim ntauv tso cai tsav tsheb thiab koj daim npav tuav pov hwm nrog koj tuaj.

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

- **1 to 2 days:** stool pathogen PCR panel, Clostridium difficile, Cryptosporidium/ Giardia antigen, Helicobacter pylori antigen, white blood cell
- **up to 7 days:** ova and parasites
- **up to 2 weeks:** stool culture.

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



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Your health care provider will give you instructions on where to pick up one or more specimen containers, depending on which test(s) you may need. Transfer only enough stool to raise the level of liquid to the “fill to here” line (top left photo). Do not overfill. There is not a “fill to here” line on the screw-cap container without liquid (top right photo).

## Thaum Twg Yuav Txais Lus Qhia Txog Koj Tej Kev Kuaj Ntsuas

- **1 mus rau 2 hnub:** kev kuaj ntsuas quav caj ces PCF, kuaj ntsuas quav rau kab mob kom zawv plab heev thiab hnyuv o, kuaj ntsuas quav rau kab mob kom zawv plab, kuaj ntsuas quav rau kab mob kom mob plab, kuaj ntsuas rau ntshav dawb
- **txog ntua 7 hnub:** kuaj ntsuas quav rau kab mob
- **txog ntua 2 lub lim tiam:** kuaj ntsuas quav.

Hu mus rau koj tus kws kho mob kom tau lus qhia txog koj tej kev kuaj ntsuas los sis yog koj muaj lus nug.



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Koj tus kws kho mob mam li qhia koj seb yuav ua li cas thiaj nqa tau ib lub hwj ntim quav lossis ntau lub fwj ntim quav, nyob ntawm seb koj yuav kuaj hom kev kuaj ntsuas twg. Tsuas muab quav kom txaus kom cov dej mus txog txoj kab uas hais tias “puv txog qhov no” rau ntawm lub hwj (daim duab sab laug saum toj). Tsis txhob muab ntau dhau. Tsis muaj ib txoj kab uas hais tias “puv txog qhov no” ntawm lub hwj uas tsis muaj dej (daim duab sab xis saum toj).