

# How to Collect a Stool Sample for an Ova and Parasite Test

## Instructions for Patients

Your doctor has asked you to collect a sample of your stool (poo). We will test this sample for parasites. The results will help your doctor to determine if you have an infection in your digestive tract.

### BEFORE YOU BEGIN...

- Read **ALL** the instructions carefully.
- 1 WEEK BEFORE** collection, **STOP ALL** medicines, laxatives, enemas, anti-diarrheal drugs that contain barium, mineral oil, or magnesium, or antibiotics, if possible, unless otherwise directed by your doctor. You may restart taking these once you finished collecting your sample.

## How do I collect a stool sample?

### STEP 1. Gather your supplies in the bathroom, within easy reach.

- The **sterile specimen container** that we gave to you. The container has a plastic spoon attached to the lid.
  - If the specimen container does not have a label with your name on it, clearly print your full legal name (first and last) and your date of birth. Then print the date and time of the collection.

**Caution: This container has a liquid preservative called "SAF Fixative". This SAF liquid is poisonous and contains small amounts of formaldehyde and acetic acid.**

- DO NOT remove the liquid from the container.
- DO NOT drink the liquid.
- Keep the container upright to prevent it from spilling.
- Avoid prolonged contact with skin.
- KEEP OUT OF REACH OF CHILDREN.



- A **clean, dry, disposable container** (such as a disposable food container) or **plastic wrap**. You will use this to catch your stool before it touches the toilet water.

### STEP 2. Wash your hands with soap and water. Dry thoroughly.

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## How do I collect a stool sample? (continued)

### STEP 3. Catch your stool.

**It is important that your stool sample does not touch toilet water or urine (pee).** If needed, first pee into the toilet and flush.

To catch your stool before it goes into the toilet, you can either:

- Hold a clean dry disposable container under your bum, OR
- Place plastic wrap over the toilet bowl rim. Put the seat down to help hold the plastic wrap in place.

### STEP 4. Collect your stool sample.

- Unscrew the lid of the specimen container. Use the plastic spoon attached to the lid to transfer 2 to 3 spoonfuls of stool into the SAF liquid until the liquid reaches the **full line. DO NOT OVERFILL.**
  - Make sure you do this step within 30 minutes of your bowel movement.
  - If present, scoop out samples of stool that contain mucous or blood.
- Use the spoon to break up the stool pieces in the SAF liquid as much as possible.
- Replace the lid and tighten firmly to prevent leaking.
- Gently shake the container until the stool sample is well mixed with the liquid.
- For sanitary reasons, place the specimen container in a sealed plastic bag. You may store your sample at room temperature.

### STEP 5. Flush the toilet.

Flush the remainder of the stool down the toilet. Put the plastic spoon, disposable container, and/or plastic wrap in a disposable bag and throw it in the garbage.

### STEP 6. Wash your hands with soap and water. Dry thoroughly.

### STEP 7. Return your sample.

Return the stool sample **as soon as possible** to **HRH's Ambulatory Clinic Laboratory**. We are located on level 1 of the hospital, across from the Central Elevators. We are open Monday to Friday, 8:00 a.m. to 4:00 p.m.

## When will I receive my results?

A report will be sent to Public Health and your doctor within 5 to 10 days.