

These directions will help you to collect a stool specimen to help the laboratory to perform a test your doctor has ordered.

1. Place a stool specimen into a ***clean dry*** container. A clean margarine tub, wide mouth jar or a clean milk carton with the top cut off can be used. You may also raise the toilet seat, stretch plastic wrap across the bowl, just above the toilet water, place the toilet seat down and pass stool on to plastic wrap for collection, then transfer the specimen to a clean dry container and tightly close the container lid.
2. Label the container with your name and the date and time of collection.
3. Bring the specimen to the laboratory as soon as possible.

