

Collection of faecal (stool) sample

This information sheet explains how to collect a faecal (stool) sample to send to the laboratory for testing.

What is the purpose of this test?

Your doctor has requested a stool sample to be tested as part of the investigation of your symptoms. This will require you to collect a stool sample.

You would have been given a container like those shown below, to collect your stool sample into, a sample bag and laboratory form with your details and test requested.



It is important to follow these instructions to make sure the test is completed correctly.

Important points to note before proceeding:

- You should collect your first stool of the day.
- The sample should **not** be collected for the first three days after a colonoscopy procedure.

Procedure

1. Label your sample container

Ensure the label on the container has your full name, date of birth and hospital number or NHS number (if you know it). Please note your sample will not be tested unless this information is completed.

If you need to pass urine do this before you collect your stool sample so there is no urine mixed with the stool sample.

2. Collect your Stool sample

- Place something in the toilet to catch the stool such as clean disposable container or cling film (plastic wrap) over the toilet rim.

- Make sure the stool sample does not touch the toilet or toilet water
- Use a disposable spoon or the spoon inside the container you have been given, to place the stool sample in the container. Include any stool that is watery, has blood or slime in it.
- Try to fill around a third of the sample container with your stool sample. Then screw the lid of the container down tightly.
- Place you labelled sample container inside the sample bag provided and press the seal to close.



Laboratory form goes in this section

Sample container goes in this section.

- Flush the rest of the stool down the toilet. Put everything you have used to collect your stool sample into a disposable plastic bag and put it in the bin.
- Wash your hands with soap and warm running water.
- Please ensure you place the laboratory form given to you by your doctor (with your details and test requested) in the outside sleeve of the sample bag.
- It is important that your sample is as fresh as possible. Take your stool sample **on the day you collected** it to the pathology department at Basildon Hospital/ Southend Hospital or your GP surgery.

How do I get the result?

The results will be sent to your doctor. For reasons of confidentiality the laboratory is not allowed to give the results to you.

If you need any more information about how to complete this collection please telephone the laboratory on the following numbers

Basildon Hospital Biochemistry: 01268 524900 extension 3025/3539/3095

Southend Hospital Biochemistry: 01702 435555 extension 8795