

The aim of collecting a stool (poo) sample is to produce and capture a stool without it touching the inside of the toilet, and becoming contaminated with water.

## Collecting a stool sample

1. Label the collection tube with your name, date of birth and the date of collection.
2. Write the date and time the stool sample was taken clearly on the form
3. Do not mix urine with the stool sample. If you need to pass water, do so first.
4. Place a wide-mouth container (potty, empty disposable plastic food container such as a one litre ice cream carton) in the bowl, or put clean newspaper or plastic wrap over the toilet seat opening (this prevents the faecal/stool sample from falling into the toilet bowl). The collection container does not have to be sterile, but must be clean.
5. Pass stool onto the potty, plastic container, newspaper or plastic wrap.
6. Using the spoon built into the lid of the collection tube (or the wooden sticks, if supplied), place small scoopfuls of stool from areas which appear bloody, slimy or watery into the tube. Aim to fill around a third of the container
7. Replace the collection tube lid and screw on tightly.
8. Dispose of remaining stool down the toilet. Clean potty with hot soapy water. Wrap plastic container, newspaper or plastic wrap in newspaper and dispose of in normal refuse in a plastic bag.

9. There will be a paper form with the test kit with information details about you and the test. Write the date and time the stool sample was taken clearly on the form.
10. Place the collection tube in the plastic bag attached to the completed sample request form.
11. Wash your hands thoroughly in hot running water with soap.
12. The sample should be delivered to the surgery or laboratory as soon as possible.

## Storing a stool sample

Your sample of poo must be fresh. If it is not, the bacteria in it can multiply. This means the levels of bacteria in the stool sample won't be the same as the levels of bacteria in your digestive system. If the levels of bacteria don't match, the test results may not be accurate.

Your sample should be handed in as soon as possible. If you can't hand the stool sample in immediately, you should store it in a fridge, but for no longer than 24 hours. If storing in the fridge, put the container in a sealed plastic bag first and wash your hands.