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Patient Instructions for Stool Specimen Collection

- You have been given stool vial(s) in a plastic bag containing at least one small bottle.
- To collect the stool specimen(s), first pass your urine into the toilet. Collect the stool specimen in a clean paper cup.
- Do not get any urine or water into the cup. Using the small scoop attached to the lid, scoop enough specimen into the provided vial to reach the dotted line.
- It is acceptable to pour stool specimen, if liquid, into the vial, if unable to scoop. Place the lid on tightly and mix the specimen well.
- If the stool has bloody or slimy areas, be sure to get the stool sample from these areas.
- Repeat the procedure if you have been provided other vials. Place back into the plastic bag(s).
- Wash your hands thoroughly with soap and water.
- Do not refrigerate specimen(s).
- Return the vials with the stool specimen in the plastic bag to the Rocky Mount Family Medical Center Laboratory as soon as possible but within 48 hours.