CLIENT INSTRUCTIONS FOR FECAL SPECIMEN COLLECTION

Fecal specimens must be submitted in the Para-Pak stool transport system.

HOW TO COLLECT THE SPECIMEN:
1. If possible, allow patient to urinate prior to collecting stool to avoid contamination of the fecal specimen.
2. Catch the specimen in a clean, empty wide-mouthed container (such as a clean margarine tub), or place plastic wrap (or a plastic bag) over the opening of the toilet bowl to prevent the fecal specimen from falling into the bowl.
   - DO NOT MIX URINE OR WATER WITH THE FECAL SPECIMEN.
3. For diaper collected specimens, line the diaper with plastic wrap and then place the specimen into the Para-Pak vials. Diapers will not be accepted because the specimen cannot be properly preserved, and the specimen is absorbed into the diaper material.

HOW TO FILL THE PARA-PAK STOOL TRANSPORT SYSTEM:
The Para-Pak stool collection kit consists of a set of three vials for one specimen collection. Specific vials are required for different tests, submitting all three vials will help ensure that all ordered testing can be completed without recollection of the specimen. Consult the test directory for specific test stability requirements.

- “Clean” Vial (white-cap, empty) has no preservative and is used for C. difficile, white and red blood cell counts, O&P testing, Rotavirus, and occult blood testing.
- “C&S” Vial (orange-cap) has a preservative and is used for stool cultures, Giardia/Cryptosporidium antigen testing, and E. coli Shiga Toxin testing.
- “Ecofix” Vial (green-cap) has a preservative and is used for O&P testing (along with the white cap vial).

1. **Stool must be placed into the Para-Pak collection system within one hour of collection.**
2. Label each vial with patient name, the collection date, and the collection time. Fill all three vials with one bowel movement collection. Some tests may require more than one sample to be collected on different days, which will require more than one Para-Pak stool transport system. Do not over-fill vials.
3. Open the white-cap vial (“Clean”) and use the spoon built into the lid to scoop a large marble size amount (2-3ml) of stool into the vial. If specimen is liquid, fill half way. Secure the lid back onto the vial firmly.
4. Open the orange-cap preservative vial (“C&S”) and use the spoon, built into the lid, to place small scoops of stool into the vial. Continue adding small amounts of stool, until the fluid level reaches the RED fill-line on the vial.
   **NOTE:** By adding the specimen in small amounts, the specimen is properly exposed to the preservative. Secure the lid back on the vial firmly and shake the vial to mix the specimen.
5. Repeat step 4 using the green-cap preservative vial (“Ecofix”).
6. Return the 3 vials to the plastic bag and seal the bag.
7. **REFRIGERATE ALL VIALS IN THE SAME BAG UNTIL TRANSPORTED TO PHYSICIANS LABORATORY.**
8. If sample volume is small, verify which vial is necessary for the ordered test and fill that vial first. **If you have questions, call Microbiology at Physicians Laboratory 402-731-4145 or 1-800-642-1117.**