

# Blanchard Valley Health System Laboratory Services

Blanchard Valley Hospital 1900 South Main Street Findlay, OH 45840  
Bluffton Community Hospital 139 Garau Street, Bluffton, OH 45817  
Armes Family Cancer Care Center 15990 Medical Drive S, Findlay, OH 45840

## Stool Collection Instructions (LTR33967)

Last Approved By: Hughes, Douglas (2/8/2018 5:49:57 AM)

Revision: 3.08

Last Approved Time: Hughes, Douglas (2/8/2018 5:49:57 AM)

**Attention: Printed copies MAY NOT be the most current information. Please consult the Lab QMS for the current version.**

### Instructions for Collecting Stool Specimens for Testing

POSTED-LIS

**\*NOTE:** If you are required to collect more than one specimen for these tests (Doctor requests more than one specimen), they must be collected on **separate days. More than one specimen collected per day will NOT be accepted.**

#### **Stool Culture or Fecal White Blood Cells** (Collected in the provided Grey Cup)

- 1) You must collect these specimens prior to receiving any Xray contrast media (such as Barium)
- 2) Collect the specimen without contamination from urine or water from the toilet. You only need to collect a small amount for this test.
- 3) Please collect the specimen in the **GREY CUP** provided to you by **Outpatient Laboratory or your doctor's office**. Or in a large mouthed clean leak-proof container.
- 4) Please bring your specimen to the Outpatient Lab within 2hrs of collection:  
If this is not possible, you may refrigerate for up to 24hrs, however this will reduce the chances of recovering certain pathogens in the specimen.

#### **Clostridium Difficile Toxin (CDT)** (Collected in the provided Grey Cup)

- 1) Collect the specimen without contamination from urine or water from the toilet. You only need to collect a small amount for this test.
- 2) Please collect the specimen in the **GREY CUP** provided to you by **Outpatient Laboratory or your doctor's office**. Or in a large mouthed clean leak-proof container.
- 3) Please note on the specimen label, any Anti-Biotic that you are taking
- 4) **Refrigerate this specimen.** Please bring your specimen to the Outpatient Lab within 2hrs of collection: If this is not possible, you may refrigerate for up to 24hrs.

#### **H pylori Stool Antigen (HPSA)** (Collected in the provided Grey Cup)

- 1) Collect the specimen without contamination from your urine or water from the toilet.
- 2) Collect the specimen without contamination from urine or water from the toilet. You only need to collect a small amount for this test.
- 3) Please collect the specimen in the **GREY CUP** provided to you by **Outpatient Laboratory or your doctor's office**. Or in a large mouthed clean leak-proof container.
- 4) Please bring your specimen to the Outpatient Lab within 2hrs of collection: If this is not possible, you may refrigerate for up to 24hrs.

#### **Hemosure Occult Blood (OB, OB2, OB3)** (Collect in the provided Grey Cup. Use separate cups if more than one sample is to be collected.)

- 1) Detection of excess blood loss from the gastro-intestinal tract may have significance in detecting certain diseases.
- 2) Collect the specimen without contamination from urine or water from the toilet. You only need to collect a small amount for this test.
- 3) Please collect the specimen in the **GREY CUP** provided to you by **Outpatient Laboratory or your doctor's office**. Or in a large mouthed clean leak-proof container.
- 4) A sample **SHOULD NOT BE COLLECTED** if you have presently:
  - a. Menstrual bleeding
  - b. Bleeding from constipation
  - c. Bleeding from hemorrhoids
  - d. Urinary bleeding
- 5) Foods that you normally eat may still be consumed, **HOWEVER**, drug and vitamin restrictions apply.
  - a. No Vitamin C in excess of 250 mg per day
  - b. No aspirin or aspirin containing products
  - c. No anti-inflammatory drugs (Motrin, etc.)
  - d. Corticosteroids, Reserpine, etc.
  - e. No Iron supplements

**\*NOTE:** If following these restrictions is a problem for you, please contact your Doctor.

#### **Giardia & Cryptosporidium Antigen or Ova & Parasite**

(Collect in the Grey Cup and PINK & BLUE vials)

- 1) You must collect these specimens prior to receiving any X-ray contrast media (such as Barium) or oily substances like mineral oil.
- 2) Collect the specimen without contamination from your urine or water from the toilet.
- 3) Firstly, collect the specimen in the **GREY CUP** provided to you by **Outpatient Laboratory or your doctor's office**. Or in a large mouthed clean leak-proof container.
- 4) **Within 30 minutes** of collecting the sample, use the spoons attached to the inside of the lids of the Blue & Pink containers you have been provided with to transfer a small amount of your specimen into each container (bits of blood or mucus are best) only put enough in each container to **bring the liquid up to the red line** on both bottles. Close the top tightly and mix the bottles well. **BE CAREFUL TO NOT SPILL THE PRESERVATIVE LIQUID IN THE VIALS!**
- 5) Return **ALL** the containers (the Grey Cup and the Pink and Blue vials) to the Outpatient Lab as soon as possible after collection, however delaying return up to 24hrs will not affect the specimen as it is in a preservative. Please refrigerate if delay is longer than 2 hrs.

**PLEASE write YOUR NAME, BIRTHDATE, THE DATE AND TIME OF COLLECTION, on the specimen label so that we can effectively process your specimen for testing.**

Should you have any questions for Blanchard Valley Hospital Out Patient Laboratory, please call 419-423-5328, or questions for Bluffton Hospital Out Patient Laboratory, please call 419-369-2314