

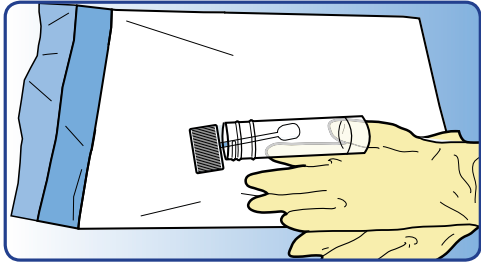
# Stool/Poo Sample Collection Instructions

## Before you start:

You may wish to purchase a pair of disposable plastic gloves from your local supermarket/pharmacist (not essential).

## Step 1

Fill in your name, address and date of birth on the label on the outside bottle **using a permanent pen.**



## Step 2

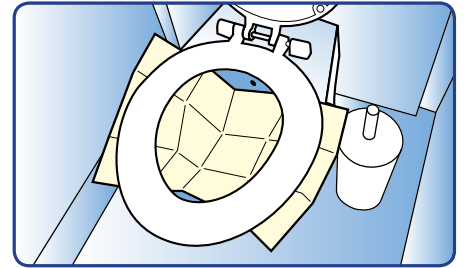
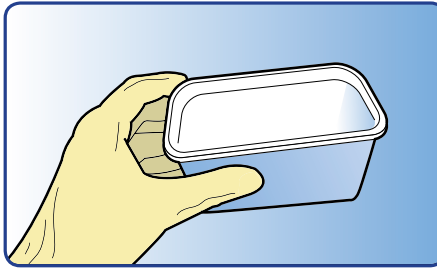
To prevent the poo sample from falling into the toilet either

### Option A

Place a wide mouth container (clean empty plastic food container e.g. margarine tub) in the toilet bowl.

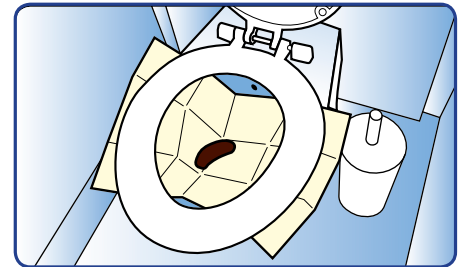
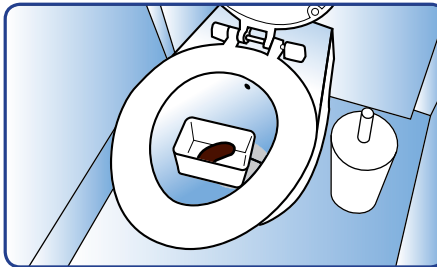
### or Option B

Place clean newspaper over the toilet seat opening under the lid (this might not be suitable for a runny sample).



## Step 3

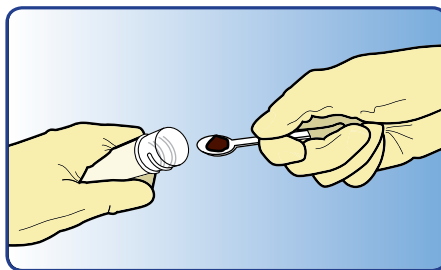
Pass the poo sample either into the container or onto the newspaper.



## Step 4

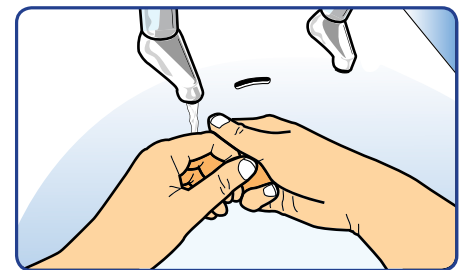
Using the spoon built into the cap of the collection tube, collect small scoops of stool from each end and the middle. **Half fill the tube.** Replace cap and make sure it is tightly closed.

**Disposal:** Dispose of remaining stool down the toilet. Wrap the container or newspaper and gloves in clean newspaper and dispose of in a plastic bag.



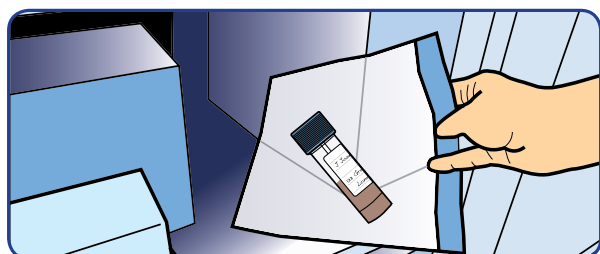
## Step 5

Wash hands with soap and warm water.



## Step 6

Place the sample container in the bag provided and then place the sealed envelope in a cool place until you are able to get to your GP practice or hospital laboratory. **The sample must be returned within 24hrs of collection.**



## Step 7

Please check that your details are still clearly visible on the outside of the collection bottle before returning the sample. If not, ask the receptionist for a new label, write your details on this clearly and stick over the old label.

