

INFORMATION FOR PATIENTS

Collection of a faeces sample

Your GP/doctor/nurse has asked you to provide a faeces (stool) sample for testing at the laboratory and should have given you a container (pictured) and a sample bag. The instructions below tell you how to collect a faeces sample.



If you have not been provided with the container pictured, then you should request one from your GP/doctor/nurse.

Timing of the sample

This sample can be taken any time of the day.

Before you collect the sample

If you need to urinate, do this first, and then collect the faeces sample. You may have been given a pre-printed label to stick on your container. If not, label the container with your name, date of birth and the date and time the sample was produced.

Collecting the faeces sample

Whilst collecting the faeces sample try not to collect urine or water from the toilet with the faeces sample but do not worry if you do.

It is important not to allow any disinfectants to come into contact with the sample as this may affect the results.

1. Place something in the toilet to catch the faeces, such as a potty or an empty plastic food container. Alternatively, you could spread several layers of toilet roll across the toilet bowl securing this by wrapping each end around the toilet seat, or clean newspaper or plastic wrap over the rim of the toilet.
2. Make sure the sample does not touch the inside of the toilet.
3. Use the spoon/spatula that is attached to the lid of the container provided to fill the clean container until it is about a third full and then screw the lid shut leaving the spoon/spatula attached to the lid.
4. Place the labelled container into the sample bag and seal.
5. Dispose of any remaining faeces down the toilet and put anything you used to collect the sample in a plastic bag, tie it up and dispose of this in the bin.
6. Wash your hands thoroughly with soap and warm water, rinse and dry.

Where do I deliver the sample to?

After collecting the sample, please return it on the same day to either your GP surgery or the Microbiology Department on Level 7 of the John Radcliffe Hospital.