

# How to Collect a Stool Sample

1. Place the clean specimen collection container under your toilet seat; towards the back of the toilet to collect stool. For infants/toddlers, stool can be collected directly from a soiled diaper or “potty”.
2. Urinate prior to collecting a stool specimen so that urine does not contaminate the stool sample.
3. Pass stool into the container.



4. Transfer the stool into the containers by following the instructions below:
  - Green-capped container: Remove the lid of the container. Use the spoon attached to the lid to transfer 2-3 spoonfuls of stool (including any blood or mucous) into the container. Mix the stool into the red jelly-like substance already in the container using the spoon. Recap the container and tighten the lid.
  - White-capped container: Remove the lid of the container. Use the spoon attached to the lid to transfer stool (including any blood or mucous) into the container **up to the red line**. **DO NOT OVERFILL**. Recap the container and tighten the lid.
  - Yellow-capped container (If provided): Remove the lid of the container. Use the spoon attached to the lid to transfer stool (including any blood or mucous) into the container up to the fill line. Mix the stool into the clear liquid already in the container using the spoon. Recap the container and tighten the lid.



5. Wash hands thoroughly with soap and warm water for at least 15 seconds or use hand sanitizer.
6. Complete the label on each container with a black or blue pen, including:
  - Patient’s name
  - Date sample was collected
7. Place all containers provided in the plastic bag.
8. Carefully remove the specimen collection container from the toilet and dispose of remaining stool in the toilet. If you have used a reusable container such as a potty, clean with your usual toilet cleaner. If you have used a disposable container, place in a disposable bag and in your garbage bin.
9. Wash hands thoroughly with soap and warm water for at least 15 seconds or use hand sanitizer.
10. Refrigerate samples, **do not freeze**. Contact the health unit to arrange delivery/pick-up of specimens at 1-800-563-2808 or 705-474-1400 x2229.

