

## STOOL COLLECTION GUIDE



In order for your child or youth's doctor to diagnose or rule out a health condition, they might ask you to collect a stool (poop) sample for testing. This process can be stressful and a bit embarrassing for both parents and children. It's always best to talk with your child and let them know why you need to do this and what they can expect during the process.

### Helpful tips

- stool collection can be a little bit messy—wear protective gloves, have wet wipes on hand and wash your hands thoroughly afterwards
- if your child is in a diaper or not fully potty trained you won't be able to use a catching device and will have to line your child's diaper with plastic wrap to collect the sample
- fit the catching device given to you by CHEO staff under the toilet seat onto the toilet bowl
- write the date and time of collection on the container once the sample is collected

### Test types and instructions

In order for the tests to be accurate, you must carefully follow the sample collection instructions for the test(s) ordered by your doctor. If you have any questions, please call.

#### C-diff toxin A and B

##### To collect stool for this test:

1. Collect at least 1 teaspoon (5g or 5 mL) of fresh, loose and or liquid stool. **We cannot perform this test with formed stool. Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Transfer the contents into the sterile container (pink or orange lid) and screw the lid on tightly.
3. Return the container to CHEO's lab within two hours of collecting it (at room temperature).

##### If you can't return the stool collection right away:

- put the container in the fridge—**do not freeze!**
- bring it to the lab within 48 hours

#### Culture

##### To collect stool for this test:

1. Use the spoon attached to the lid of the container (green lid, with liquid) to transfer the stool into the

#### CHEO lab (level 2)

Open Monday-Friday from 8 a.m. to 4 p.m.

#### Central lab receiving (level 3)

Open 24 hours a day, 7 days a week

container. Collect enough stool so the liquid in the container is raised to the arrow. **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**

2. Mash the stool up with the spoon to help it mix with the liquid in the container. Replace the cap, tighten it and shake the container to mix the stool with the liquid.
3. Keep refrigerated and bring to the lab within two days (48 hours).



**Remember: the liquid in the container is toxic (poison). Keep it out of reach of young children and pets.**

### Fat globules or fecal elastase

#### To collect stool for this test:

1. Collect a fresh sample (at least one tablespoon). **Formed stool is needed for the Fecal Elastase test. We cannot do this test on liquid stool. Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Transfer the contents into the sterile container (pink or orange lid) and screw the lid on tightly.
3. Return the contents to CHEO's lab within two hours of collecting it (at room temperature).

#### If you can't return the stool collection right away:

- put the container in the fridge
- bring it to the lab within 4 hours
- if you cannot bring to the lab within 4 hours, freeze and bring to the lab in a frozen state within 24-48 hours

### Occult blood

#### Before you collect a sample, make sure your child or youth:

- avoids taking more than 250 mg of vitamin C daily for three days before testing—some iron supplements, oranges and other citrus fruits and juices have high levels of vitamin C
- avoids non-steroidal anti-inflammatory medications like Ibuprofen, Naproxin or Aspirin for 7 days before testing
- avoids red meat like beef, lamb or liver for three days before testing
- eats a well balanced diet that includes plenty of whole grains, cereals, fruits and vegetables

#### To collect stool for this test:

1. Collect at least 1 teaspoon. **Do not collect stool if you can see blood in it. Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Transfer the contents into the sterile container (pink or orange lid) and screw the lid on tightly.
3. Return the contents to CHEO's lab within four hours of collecting it (at room temperature).

#### If you can't return the stool collection right away:

- put the container in the fridge—**do not freeze!**
- bring it to the lab within 48 hours

## Ova and parasites

### To collect stool for this test:

1. Use the spoon attached to the lid of the container (yellow lid with liquid) to transfer the stool into the container. Try to collect the pieces of stool that are bloody or slimy. **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Place the stool into the container until the fluid reaches the arrow. Replace the cap, tighten it and shake the container to mix the stool with the liquid.
3. Bring the specimen to the lab as soon as possible (although the sample will be ok at room temperature for a few days). Do not refrigerate.
4. Repeat as required to collect multiple samples. Samples should be collected at least 24 hours apart.



**Remember: the liquid in the container is toxic (poison). Keep it out of reach of young children and pets.**

## Virology

### To collect stool for this test:

1. Collect at least a half teaspoon. **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Transfer the contents into the sterile container (pink or orange lid) and screw the lid on tightly.
3. Return the contents to CHEO's lab within two hours of collecting it (at room temperature).

### If you can't return the stool collection right away:

- put the container in the fridge—**do not freeze!**
- bring it to the lab within 48 hours

## Helicobacter Pylori

### Before you collect a sample, make sure your child or youth:

- stops their acid blocking medication 2 weeks before the collection date unless advised otherwise by your doctor

### To collect stool for this test:

1. Place at least 1 teaspoon of formed stool into a sterile container (pink or orange lid). **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.** This test cannot be done on loose or watery stool.
2. Place the container in the fridge and return to the lab within 4 hours.

### If you can't return the stool collection right away:

- freeze the sample and return to the lab in a frozen state as soon as you are able to, within 3 days.

## Stool pH

### To collect stool for this test:

1. Collect at least 1 teaspoon of stool and place into sterile container (pink or orange lid). **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Keep at room temperature (do not refrigerate or freeze) and return to lab within 4 hours.

## Stool electrolytes

### To collect stool for this test:

1. Collect at least 1 teaspoon of stool and place into sterile container (pink or orange lid). **Do not use stool that has touched the water in the toilet bowl or come into contact with urine.**
2. Refrigerate and return to lab within 24 hours.

## Fecal calprotectin

### To collect stool for this test:

1. Collect at least 1 tablespoon of stool and place into a clean container (yellow lid). Do not use stool that has touched the water in the toilet bowl or come into contact with urine.
2. Refrigerate and bring to the lab within 3 days. This sample type can be frozen and brought within 5 days.

## Need help or have questions?

Call your CHEO nurse case manager

Monday-Friday 8 a.m. - 4 p.m.

## Need information? Visit [cheo.on.ca](https://www.cheo.on.ca)

Use our handy search tool to find CHEO-approved health resources, clinic information and much, much more!

