

Collecting a Stool Sample

Your doctor, nurse or healthcare professional should explain to you how to collect the stool sample and provide you with a clean faeces pot containing a plastic spoon to use.

If possible try to urinate before collecting the stool sample to try and avoid collecting urine or water from the toilet with the stool sample.

Collection:

Label the sample pot with your name, date of birth, GP surgery/location and date collected.

- If possible use a potty, clean plastic food container, or spread plastic wrap/toilet paper over the rim of the toilet to catch your sample and avoid the sample touching the inside of the toilet.
- Use the spoon in the sample pot to transfer a walnut sized piece of the sample to the sample pot so that it fills about a third of the pot and screw the lid shut.
- Put everything you have used to collect the sample in a plastic bag, tie and discard in the bin.

Storage:

Stool samples should be delivered to the laboratory as soon as possible, but if you can't hand in the stool sample immediately, place the sample pot in a sealed plastic bag first and store it in a fridge.

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