



Stool Culture

Before starting:

1. Discontinue all antibiotics or antifungals 3 days before collection. Do not do while on these medications.
2. Two days before and during day of stool collection do not take digestive enzymes, laxatives, antacids, aspirin, barium or bismuth containing products.
3. Do not restrict fat intake, so fat absorption can be monitored.
4. Verify that you have: 1 requisition form, 1 foam insulated mailer, 1 polar pack gel pack, 1 FedEx Clinical Pak with billable Stamp
5. Day 1, 2 and 3 bag with the following:
Day 1: 1 Collection container, 1 yellow-capped vial, 1 disposable glove, 1 absorbent material
Day 2: 1 Collection container, 1 yellow-capped vial, 1 white-capped vial, 1 glove, 1 absorbent material
Day 3: 1 Collection container, 1 yellow-capped vial, 1 green-capped vial, 1 glove, 1 absorbent material
6. Save cardboard collection box to ship back to the lab

Day 1: Use day 1 bag

1. Collect your first stool specimen into collection container. DO NOT contaminate with urine or water from toilet
2. Unscrew the cap on yellow-capped vial
3. Use attached spoon to transport stool specimen into the vial.
4. Take multiple portions from different areas of collection container
5. Fill to fill line or ½ way
6. Screw on top tightly
7. Shake vigorously for 30 seconds to mix the stool with the preservative in vial
8. Write your name and date on the side of the vial
9. Place yellow-capped vial in the day one zip-lock bag
10. Place vial in cardboard shipping box at room temperature



Day 2: Use Day 2 bag

1. Collect second stool specimen into collection container. Do not contaminate the specimen with urine or water.
2. Unscrew cap from the white-capped vial and using spoon transfer small amounts from different areas of your stool
3. Fill white-capped vial up to fill line, about half way. Shake for 30 seconds to mix with preservative
4. Unscrew cap on day 2 yellow-capped vial and using the attached spoon take multiple portions from different areas of the collection container. Fill the vial to the fill line or half way. DO NOT OVERFILL. Screw the cap on tightly
5. Shake for 30 seconds to mix the stool with preservative
6. Write your name on white and yellow day 2 vials
7. Put white-capped vial and Polar pak gel freezer pak into the foam insulated mailer and freeze overnight and until shipped.
8. Put yellow-capped vial in the day two zip-lock bag
9. Put yellow vial into cardboard shipping box.
10. You do not need to fill in an id # on the vial. This is for lab use.
11. Leave box and two yellow vials at room temperature

Day 3: Use Day 3 bag

1. Collect your third stool specimen into collection container. Do not contaminate with urine or toilet water
2. Unscrew cap on the green-capped vial and using the attached spoon transport different parts of specimen into the vial. Take multiple portions.
3. Fill vial to the fill line, about half way.
4. Do not overfill
5. Screw on cap tightly.
6. Unscrew the cap on yellow-capped vial and repeat procedure above.
7. Shake both green and yellow-capped vials vigorously for 30 seconds to mix stool specimen with preservatives.
8. Write your name and date of collection on the side of both vials. (id # is filled in by lab)
9. Place green and yellow-capped vials into the day three zip-lock bag. Put bag in cardboard box.



10. Put insulated mailer with frozen white capped vial and polar-Pack gel pack from the freezer in the box in the box.
11. Place foam insulated mailer and contents into the cardboard shipping box.
12. Check to be sure all 3 bags are in the box
13. **Fill out highlighted areas of test requisition completely. The test cannot be run without the information.**
14. Place requisition in box.
15. Ship as soon as possible. If you cannot ship immediately, put day two bag and white capped vial back in the freezer, and the other vials in the refrigerator until you are ready to ship.

Shipping

1. Place cardboard box with stool in the FedEx Clinical Pak which was provide
2. Write your name and address in the space provided on the prepaid billable stamp
3. Tear off the customer receipt for your records
4. Affix the Billable Stamp to the Clinical pack in the space provided.
5. Call FedEx at 1-800-238-5355 to schedule pickup
6. When you hear the automated greeting say "REP", you will be asked if you are shipping a package, say "YES." You will then get a live rep
7. Tell rep you need pickup for shipment using a prepaid "Billable Stamp."
8. Give address to rep for pickup