

How to Collect a Bowel Movement Sample for Ova and Parasites



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Your health care provider wants you to collect _____ samples of your bowel movement for ova and parasites. These samples will be sent to the laboratory to help your doctor check for and treat certain illnesses.

- The nurse will give you all the supplies you need. If you have any questions, ask one of the nurses before you leave the clinic.
- For each sample you need to collect, you will get 1 Para Pak kit, and disposable (throw away) gloves. Each kit has 2 containers. One has a pink label and one has a blue label.

Before you collect the samples, read these instructions.

Before you have a bowel movement:

1. Cover the toilet bowl with a sheet of plastic wrap such as Saran Wrap or a plastic bag. Tape the wrap or bag loosely to the porcelain bowl of the toilet (not to the seat) so that it will catch your bowel movement.



Or, you can wash and dry a few cartons, such as a cottage cheese carton or the bottom half of a milk carton. Keep these in the bathroom.



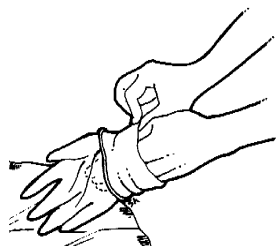
Use these to catch your bowel movement.

2. When you need to have a bowel movement, catch it in the plastic wrap or the carton.

3. Wash your hands.

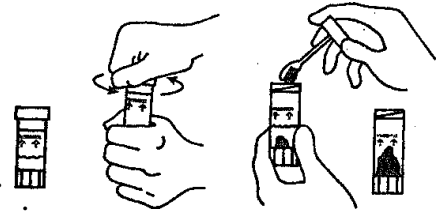


4. Put on a pair of disposable gloves.



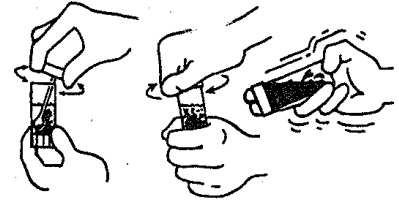
(over)

5. Open either the pink or the blue label container.
Do not pour out the liquid that is in the container.



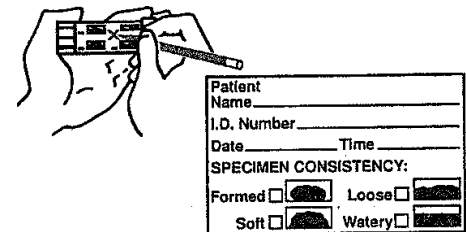
6. Use the collection spoon built into the top of the container.
Put small spoonfuls of your bowel movement into the container.
Fill it up to the red line on the container label.

7. Stir the bowel movement in the container with the spoon in the container. Then close the top tightly. Shake it till the bowel movement is well mixed.



8. Open the other container. Go through steps 6 and 7 again.

9. Put the label stamped with your Parkland Clinic Card on the container. On this label, be sure and write:
- The date and time you collected the sample.
 - Your initials.



Don't cover up the color on the container's label when you stick on the Parkland label.

10. Put the container in the Biohazard Ziploc bag that was given to you at the clinic.
11. If you need to collect another type of bowel movement sample (such as for culture) you can use this same bowel movement for that test.
12. Do not use the same bowel movement to fill another set of blue and red containers. If your health care provider wants you to collect another sample for ova and parasites, you must collect them from a different bowel movement. But if you need to collect another type of bowel movement sample (such as for culture) you can use this same bowel movement for that test.

13. Flush the rest of your bowel movement down the toilet (but not the plastic wrap). Throw away the gloves and the carton if you used one. Wash your hands with soap and water for at least 10 second



14. Follow these instructions for each bowel movement sample that you collect.
15. Keep your sample in a refrigerator. Bring the containers to the clinic **no more than 4 days** after you fill them. If the sample is more than 4 days old, it cannot be tested.

If you have any questions, call (214) 590-5637