

How to Collect a Bowel Movement Sample for Culture



IH-III-6
R.D. 12/02
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Your health care provider wants you to collect _____ samples of your bowel movement for culture. 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 a ParaPak C & S vial (orange cap), and disposable (throw away) gloves.

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.

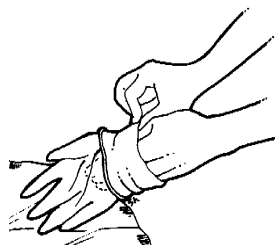


2. When you need to have a bowel movement, catch it in the plastic wrap or bag or the carton.

3. Wash your hands.

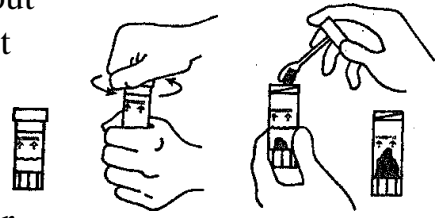


4. Put on a pair of disposable gloves.



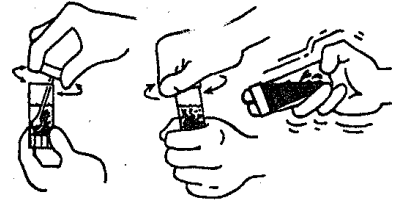
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5. Open the ParaPak C & S vial (orange cap). Do not pour out the liquid that is in the vial. Use the collection spoon built into the top of the tube. Put small spoonfuls of your bowel movement into the tube. Choose the parts of your bowel movement which are bloody, slimy or watery.



Fill the tube up to the red line on the tube label. If your bowel movement is hard, choose samples from each end and the middle.

6. Stir the bowel movement in the tube with the spoon. Then close the top on the tube tightly. Shake the tube till the bowel movement is well mixed.



7. Put the label stamped with your Parkland Clinic Card on the tube. On this label, be sure and write:

- The date and time you collected the sample.
- Your initials.



Patient Name _____	
I.D. Number _____	
Date _____	Time _____
SPECIMEN CONSISTENCY:	
Formed <input type="checkbox"/>	Loose <input type="checkbox"/>
Soft <input type="checkbox"/>	Watery <input type="checkbox"/>

Don't cover up the red on the tube's label when you stick on the Parkland label.

8. Put the tube in the Biohazard Ziploc bag that was given to you at the clinic.

9. If your health care provider wants you to collect more than one sample for culture, you must collect them at different bowel movement times. But, if you need to collect another type of bowel movement sample (such as ova and parasites) you can use this same bowel movement for that test.

10. 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 seconds.



11. Follow these instructions for each bowel movement sample that you collect.

12. Keep your sample in a refrigerator. Bring the tube to the clinic **no more than 4 days** after you fill it. If it is more than 4 days old, it cannot be tested.

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