

# Patient Information

## Stool collection instructions

### ■ Stool test

In consultation with your physician or GP, you will have a stool test (faeces test). Your stool will be tested for bacteria and viruses, possibly in combination with intestinal parasites. For this test, you will collect a stool sample at home. This leaflet contains information about how to do this.

### ■ Yellow envelope

Your physician or GP has given you a yellow envelope. This envelope contains all the information you need in order to collect your stool sample, including an application form completed by your physician or GP.

### ■ What does the yellow envelope contain?



2 tubes (tube B contains a liquid)

absorption sheet

safety bag

### ■ Stool collection instructions

The stool collection instructions can be found on the back of this leaflet. Please read these instructions carefully before starting.

### ■ Handing over the envelope (\*)

When you are done, you should pack all tubes together with the absorption sheet in the safety bag. Close the safety bag and put it in the yellow envelope together with the application form. Your physician or GP will tell you where to hand over the envelope. You should do this as soon as possible after collecting the stool sample.

### ■ Your questions

If you have any questions about the collection of a stool sample and/or the test results, you should contact your physician or GP. If you have any other questions, you can contact the laboratory:

- telephone 072 - 548 3667
- e-mail [servicemicrobiologie@nwz.nl](mailto:servicemicrobiologie@nwz.nl)

*More information about the laboratory can be found at [www.nwz.nl](http://www.nwz.nl) under the specialism: medical microbiology.*

## ■ Stool collection instructions

Before collecting the stool sample, you should clearly write down on each tube your name, date of birth and the date on which you collected the stool.

### Flushing toilet

If you have a flushing toilet where the stool falls directly into the water, you should place several longer pieces of folded toilet paper onto the water. This will allow you to collect the stool from the paper. If you have thin stools, you should use a bedpan or other receptacle such as a clean container or bucket.

### Blood or mucus

If you see any blood or mucus in the stool, you should put this in the tube as well. It may contain parasites.

Please follow the below instructions carefully:

1. fill tube A with stool until it is in the red dotted area as indicated on the label; do not fill the tube any further than the dotted area
2. then tightly close the cap
3. fill tube B with stool until the liquid reaches the red arrow; the liquid may not go above the red arrow
4. tightly close the cap
5. then gently shake tube B for 20 seconds
6. then check if the tubes are securely closed and are not leaking

### Important

If you accidentally touch the liquid from tube B, you should rinse the skin with water immediately. This will do.  
Make sure that children do not accidentally drink the liquid!

When you are done, you should put both tubes (A and B) with the absorption sheet in the safety bag. Close the safety bag and put it in the yellow envelope together with the application form.

Now read the following chapter on the front of this leaflet: **Handing over the envelope (\*)**.