



## **SUBMITTING STOOL SPECIMENS FOR BACTERIAL CULTURE AND/OR VIRAL DETECTION INSTRUCTIONS FOR PATIENT**

1. This collection kit will help you conveniently collect the requested stool specimen(s). Proper use of this kit will enable the State Laboratory to report results in a timely manner and help avoid costly repeat testing. **PLEASE READ COMPLETE INSTRUCTIONS BEFORE STARTING.**
2. The collection kit consists of one or two vials. One vial contains a transport medium (Cary-Blair) and is used for bacteriological culture identification. The other vial, if included, is empty and used for viral detection. If testing for both etiological agents, one bowel movement is permissible.
3. Collect the fecal specimen (bowel movement) in a wide mouth container, bedpan, or on a clean newspaper, paper bag or saran wrap placed over the toilet seat. This prevents the fecal sample from falling into the toilet bowl. **DO NOT** mix urine with the sample.
4. Remove the vial from the plastic bag. Open the vial. Using the collection spoon attached to the cap, add approximately three spoonfuls of a hard stool or five spoonfuls of a soft stool to each vial being tested. It is important to sample areas of the specimen that appear bloody, slimy or watery. If the stool is hard, sample small amounts from the middle and each end of the specimen.
5. Replace the cap and close the lid tightly. If submitting a specimen for bacteriological culture, thoroughly mix the specimen with the transport medium using the attached collection spoon.
6. **PLEASE verify that patient's name and collection date is on EACH sample to be submitted; samples submitted without patient's name will be terminated without testing.**
7. Return the vial(s) to the plastic bag and seal securely.
8. **WASH HANDS THOROUGHLY.**
9. Fill out appropriate "test request form" completely (online at <http://health.mo.gov/lab/index.php>).  
Please note that stool samples sent in for bacteriological culture identification use a different form (the Microbiology test request form) than the stool samples sent in for "viral detection" (the Virology test request form).
10. All specimens should be refrigerated until transported to the Laboratory. Forward the samples to the Laboratory as soon as possible. To properly use the mailing kit:
  - (a) Place cold-pack into a freezer for at least 24 hours before use; freeze cold-pack as flatly as possible. (Any time less than 24 hours will minimize effectiveness of cold-pack).
  - (b) Position specimen vial(s) in the bottom half of the foam container and place cold-pack on top of the vial(s).
  - (c) Securely close the foam container (tape or rubber band may be used).
  - (d) Place the patient information slip on top of the foam container (do NOT put information slip in the foam container with the cold-pack).
  - (e) Place foam container and patient slip into cardboard mailer.
  - (f) Label outer mailer with submitter information (facility, return address, etc.)

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[www.health.mo.gov](http://www.health.mo.gov)

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