



PARKVIEW HEALTH LABORATORIES

Instructions for Patient Collection of a Stool Sample

For Calprotectin, Pancreatic Elastase, and *Helicobacter pylori* antigen testing

1. Wash your hands. Wet your hands and apply soap. Rub your hands together well for at least 20 seconds, then rinse. Dry your hands.
2. Gather your supplies. Put them in the bathroom where you can reach them easily.
3. Lift the toilet seat. Place the collection hat on the toilet bowl rim. Close the toilet seat on the collection hat to hold the collection hat in place. Place the plastic collection container in the collection hat.
4. Sit on the toilet to have a bowel movement (poop) as usual. Do not urinate (pee) on your stool or into the collection hat.

NOTE: Stool may be collected from a diaper using plastic wrap. Place the plastic wrap inside the diaper until the patient has a bowel movement. Gather the plastic wrap containing the stool sample and place both the plastic wrap and stool into the plastic specimen container.

5. Remove the plastic container from the collection hat and secure the plastic lid.
6. Discard the collection hat.
7. Wash your hands. Wet your hands and apply soap. Rub your hands together well for at least 20 seconds, then rinse. Dry your hands.
8. Label the plastic container with your full legal name, date of birth, date of collection, and time of collection.
9. Specimen should be delivered to the laboratory as soon as possible. If there is a delay in returning the specimen, it should be kept in the refrigerator. The sample must be delivered to the laboratory within 2 days of collection.

Contact your healthcare provider if you have any questions or concerns.