

## Collecting a stool sample, Parasites (F-Para-O 2455)

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### Purpose of the test

To identify the cause of stomach complaints and diarrhoea (protozoa, worms).

### Sampling kits

Sampling kits are available from the laboratories of SataDiag or from your local health centre.

### Contents of the sampling kit:

- 1-3 sample containers containing 10% formaldehyde solution (toxic)
- resealable plastic bag
- name sticker

The sample container



**Please note** that the liquid in the container is **toxic**. Do not drink it.

**Be careful** not to get it in the eyes, respiratory organs or on the skin.

If this happens, rinse the area with plenty of water and consult a doctor.

Keep the container out of reach of children.

If you need to take several samples, collect each sample on a different day, or at least in connection with separate bowel movements. This ensures a more reliable result.

### Collection

1. Collect some stool into a clean disposable dish.

2. Open the sample container. Transfer stool into the container with the spoon attached to the cap. About half a teaspoon is an adequate amount. If you have diarrhoea, about a tablespoon is sufficient. If the stool contains blood and/or mucus or other abnormalities, be sure to include them in the sample. No faeces should remain on the outer surface of the container.
3. Close the container carefully.
4. Make sure that the container has your:
  - name
  - personal identity number and
  - date and time of collection.
5. Place the container into the plastic bag. Close the bag tightly.
6. Shake the container vigorously to get a smooth mix.
7. This mixing phase is important for the preservation of the sample.

### Storing and returning the sample

Take the sample to a laboratory.

The sample will keep for three days if refrigerated.

### Contact information

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Laboratory - SataDiag

Phone enquiries 02 627 6410

weekdays 10 am – 3 pm. Please note that test results are not given over the telephone.