

INSTRUCTIONS FOR PATIENTS FOR COLLECTING A STOOL SAMPLE

A faecal analysis is prescribed to test for *Giardia lamblia* (St-G lamblia Ag), *Entamoeba histolytica* (St-E histolytica Ag), occult blood (St-Hb QN), calprotectin (St-Calpro), *Helicobacter pylori* (St-H pylori Ag), and for bacterial assays for DNA or viral RNA/DNA molecular diagnostics panels.

Your physician will decide whether it is necessary to test your urine. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

Preparation for an occult blood test:

- eat normally;
- it is **not permitted** to collect stool samples during menstruation or in the case of bleeding haemorrhoids.



Preparation for a parasite test:

- eat normally;
- do not take antibiotics or stool hardeners for one week before collecting the sample.

Collecting a stool sample:

- open the sample container without touching the inside of the container or the lid;
- avoid any contact of the stool with water or urine (for example you may use a disposable paper plate);
- use the spoon attached to the lid of the sample container to take enough sample material to fill 1/2 of the sample container and place it in the container;
- for a microbiological test, pick the slimy and bloody parts of the stool;
- close the sample container in a leak-proof manner;
- write your **name and personal identification code** on the side (not the lid) of the container;
- write the **date and time** of collecting the sample on the referral.



Delivering the sample to the lab

Deliver the sample to the reception of the lab within the day.

If this is not possible, bring the sample to the lab the next morning, storing the sample container with the stool in the refrigerator at +2...+8 °C in the meantime.



Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at www.regionaalhaigla.ee or by calling 617 1300.

North Estonia Medical Centre

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The patient instructions have been approved by the laboratory of the North Estonia Medical Centre (2021)