

Collecting a STOOL sample to detect INTESTINAL PARASITES

- 1) Collect three stool samples on alternate days.
- 2) Collect a sample while you are passing stools on a dry and clean surface (for ex. a bedpan, or a newspaper sheet or a folded piece of cardboard or a plastic bag, placed over a basket or underneath the toilet seat while covering the top rim of the bowl).

IMPORTANT: the stool sample must not come into contact with urine or toilet water.
- 3) While you are passing stools, collect various samples.
- 4) Transfer the sample into a container that has a screw-on plastic lid, which is provided by the laboratory or can be purchased in a pharmacy. The stool in the container should equal the approximate volume of a walnut. If stools are loosely formed or diarrhea is present, collect a sample of at least 5-10 ml.
- 5) Tightly close the container and write the collection date and time on the container;

bring the sample to the sample collection centre or a laboratory AS SOON AS POSSIBLE (if necessary, it is possible to keep the sample in a refrigerator for up to 24 hours); if the stool is LIQUID, the sample must be brought to the laboratory within 30-60 min. of collection.

AMOEBA EXAM: quickly bring the stool sample to the Laboratory while keeping the container in a 37°C water bath

IMPORTANT INSTRUCTIONS

Both during and several days before collecting the sample it is necessary to avoid:

- laxatives, anti-diarrhea medication, antimicrobial medication
- barium, bismuth, mineral oils
- legumes, dry fruit, fruits and vegetables that have resistant cuticles (peaches, apricots, pears, strawberries, figs, tomatoes).

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