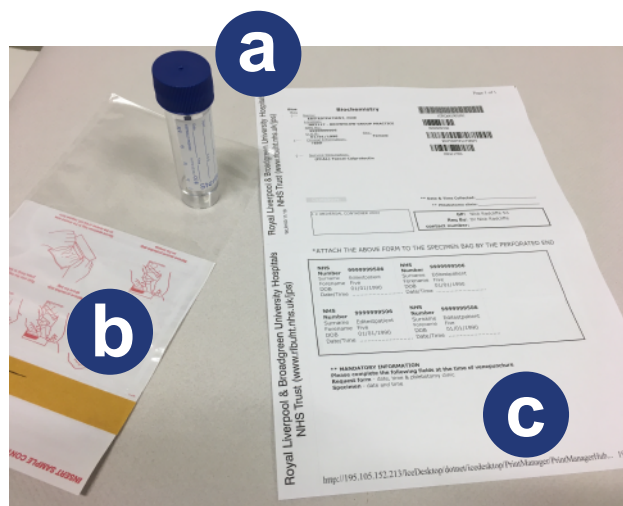


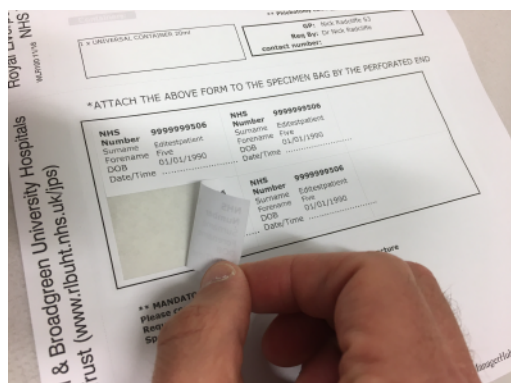
Instructions for giving a stool (poo) sample

To start, you will need the following items from your GP practice:

- a) Specimen pot (usually with blue lid)
- b) Specimen bag
- c) Request form



Before collecting the sample, you should get everything labelled and ready, as follows: Peel a sticker from the request form and stick it to the specimen pot, like below. The specimen pot is now labelled with your personal details.



Next, attach the request form to the specimen bag, by peeling off the plastic strip on the bag to reveal the sticky section. Attach the request form here.

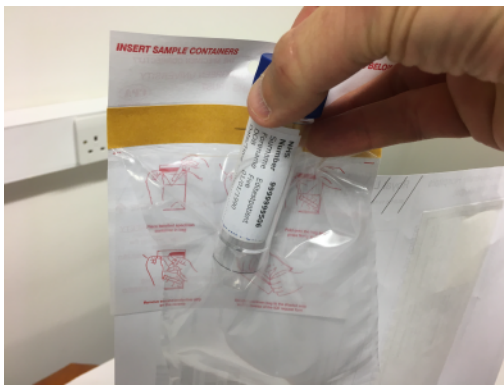


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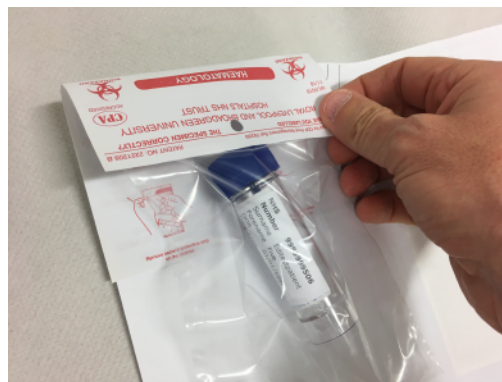
Collecting the stool (poo) sample*

- Try not to collect pee (urine) or water from the toilet along with the poo, but don't worry if you do. If you need to pee, do this first before collecting the poo.
- Place something in the toilet to catch the poo, such as a potty or an empty plastic food container, or spread clean newspaper or plastic wrap over the rim of the toilet
- Make sure the poo doesn't touch the inside of the toilet
- Use the spoon or spatula that comes with the container to collect the poo, filling around a third of it, then screw the lid shut
- Put anything you used to collect the poo in a plastic bag, tie it up and put it the bin.

Next, put your labelled specimen pot, containing the sample, in to the specimen bag.



Finally, seal the specimen bag by peeling off the plastic strip to reveal the sticky strip, and seal the bag closed.



Give your bagged specimen to wherever you were instructed to hand it in. Usually this is the GP reception.

Depending on the test, results can take up to 2 weeks. The clinician who requested the test will get in touch with you about the results, unless you have been advised otherwise.

*this section is adapted from www.nhs.uk