

Stool and Urine Collection

Why Are Stool and Urine Tests Done?

Stool and urine tests can help your healthcare provider diagnose or monitor a variety of health conditions, such as infections, kidney function, or digestive issues. Collecting clean, uncontaminated samples is important for accurate results.

Important Guidelines for Collection

- **Label Your Samples:** Write your **name and date of birth** on each sample container.
- **Use a Sterile Container:** Only use the sterile container provided by the lab to avoid contamination.
- **Refrigerate If Needed:** If you're unable to bring your sample to the lab within two hours, refrigerate it until you can deliver it.

Urine Collection (Clean Catch Mid-Stream Sample)

For the most accurate results, your provider may ask for a Clean Catch Mid-Stream (CCMS) urine sample. Follow these steps:

1. **Cleanse First:** Use the provided towelettes to gently cleanse the genital area to reduce contamination.
2. **Start Urinating:** Begin urinating into the toilet, allowing the first portion of urine to flow out.
3. **Collect Mid-Stream:** While continuing to urinate, move the sterile container into the urine stream to collect the **mid-stream** portion. Avoid touching the inside of the container or lid to keep it sterile.
4. **Finish in the Toilet:** Complete urination in the toilet and do not collect the last part of the urine stream.

Stool Collection Instructions

1. **Prepare for Collection:** Use a clean, dry container or disposable paper to catch the stool before placing it into the sample container. Avoid allowing any urine or toilet water to mix with the stool sample.
2. **Transfer to the Container:** Use the scoop provided (if applicable) to transfer a small amount of stool into the sterile container, filling it halfway.

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3. **Secure the Lid:** Ensure the lid is tightly sealed to prevent leaks and clearly label the container.

Delivering the Sample

- **Bring to the Lab Promptly:** Aim to bring the sample to the lab within two hours. If this isn't possible, refrigerate the sample and bring it as soon as you can.
- **Avoid Delays:** Prompt delivery helps maintain the sample's integrity for accurate testing.

If you have any questions or need additional instructions, contact your healthcare provider or lab. By following these steps carefully, you help ensure the most accurate test results.

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