

Timed Stool-Collection Instructions



*An enterprise of the University of Utah  
and its Department of Pathology*

**ARUP LABORATORIES**  
500 Chipeta Way  
Salt Lake City, UT 84108-1221  
Phone: (800) 522-2787  
Fax: (801) 583-2712  
[www.aruplab.com](http://www.aruplab.com)

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Please read this entire brochure before you begin collecting stool.

## Introduction

Your physician has requested that you collect stool for testing as part of your care. Important health decisions depend on the results of your stool test. The test must include all of the stool you pass during the collection period specified by your physician. Otherwise, the test will be inaccurate.

## Kit Contents

- ◇ Instruction brochure
- ◇ Screw-capped stool-collection container
- ◇ One toilet adapter to hold the collection container in the toilet
- ◇ A self-sealing plastic bag for returning the collection container
- ◇ Additional containers may be needed for 48- or 72-hour collections

Note: Use only the labeled collection containers.

## Collection Instructions

- ◇ Eat a normal diet consisting of 50–150 grams of fat for at least three days prior to beginning fecal collection.
- ◇ Start your stool collection on this date:
  - \_\_\_\_\_
  - At your earliest convenience
- ◇ Collect all of your bowel movements in the collection containers according to the instructions checked:
  - 24 hours (one container)
  - 48 hours (two containers)
  - 72 hours (three containers)
- ◇ Have collection completed by:  
\_\_\_\_\_

## Fill Instructions

**To collect a stool specimen, follow these instructions:**

1. Lift the toilet seat and place the toilet adapter across the rim of the toilet bowl. Place the adapter so the shorter support bar lies across the rear of the toilet bowl and the longer support bar lies across the middle of the toilet bowl.
2. Unscrew the cap from the collection container. Place the container in the hole of the toilet adapter (figure 1).
3. Put the toilet seat down (figure 2). The closed end of the container should rest in the water or just above it. Depending on the water level in the toilet and the shape of the toilet seat, the collection container may float and rise. As you sit, align the container to be sure your stool goes into the container. Do not collect any urine in the container.
4. After your bowel movement, remove the container from the toilet. Screw the cap onto the container and wipe the outside of the container dry.
5. When your collection is complete, make sure you have screwed the cap evenly and tightly onto the collection container. Place the capped container inside the plastic bag. Seal the bag.
6. Refrigerate partially filled containers during the collection period.
7. Continue to add stool to the container until it reaches the fill line or the collection time is completed. You may need to use multiple containers.



**Figure 1.** This top view of a toilet shows how the collection container slides into the ring of the toilet adapter. The shorter support of the adapter lies across the rear of the toilet bowl rim. The longer support lies across the middle of the toilet bowl rim. The toilet seat is up.



**Figure 2.** This top view of the toilet shows the toilet adapter holding the collection container in place. The toilet seat is down.