

Check that you have:

- Included the requisition.
- Labeled each card with your complete name.
- Labeled each card with either your provincial health care number or date of birth.
- Labeled each card with collection date and time.

Samples will not be tested if:

- Requisition is missing or
- Each card is not fully labeled

If you have questions about the information in this brochure, please contact Regional Laboratory Services Client Response at (780) 407-7484 or toll free at 1-866-407-7767.

Colorectal Cancer Screening

Stool Collection Instructions

**Regional Laboratory
Services**



Important: Stop taking all supplements containing **Vitamin C** for three days before and during the stool testing days.

Vitamin C can cause inaccurate test results.

Collect the samples on **3 different days**.

- **Do not** collect samples if blood is visible in your stool or urine (i.e. menstruation, bleeding hemorrhoids, urinary tract infection). If you are menstruating or have bleeding hemorrhoids, etc, start collecting your stools at least three days after the bleeding has stopped.
- **Protect test kit** from heat, light and chemicals (i.e. household cleaners, iodine, ammonia, bleach).
- Return the completed test kit to the laboratory **no later than 14 days** after the first sample collection.

HOW TO COLLECT A STOOL SAMPLE



1. Using a pen, pencil or permanent marker write your first and last name on cards 1, 2, and 3. Write your date of birth (day/month/year) or health care number on the yellow lines on cards 1, 2, and 3.

Day 1: Write the date and time of collection on the "sample collection date" line of card #1 and lift up that tab. You will see two "windows" labeled A and B. Do not open the back of the card.

2. Collect a sample of stool. There are two different ways to collect a stool sample:



First Way:

Place newspaper or plastic wrap underneath the toilet seat, but hanging over the water in the toilet. Do not let water touch the stool sample.



Second way:

Collect the sample in any clean and dry disposable container (i.e., plastic bucket, paper plate).

3. Using one wooden stick from the test kit, take a small piece of stool (i.e. smaller than the size of a pea). Make a **very thin** smear of stool from edge to edge of Window A. 
4. Using the same wooden stick, collect another small sample from a different area of the stool. Make a **very thin** smear of stool from edge to edge of Window B. 
5. Throw away the wooden stick and dispose of all remaining stool.
6. When the samples are dry, close the cover on the test card. Put the tab of the cover under the tab holder.

Day 2: Repeat all the steps using card 2.

Day 3: Repeat all the steps using card 3.

When all 3 samples have been collected:

- Put the cards into the zip locked part of the plastic bag.
- Put the requisition in the pouch part of the bag.
- Bring the bag with the requisition and cards in it back to any Patient Care Centre (laboratory) **no later than 14 days** after the first sample collection.