

Stool collection instructions

Your doctor has ordered a stool test. Please read these instructions before starting.

WHAT YOU NEED

- 1–3 containers (may contain liquid preservatives; provided by your doctor or any MercyOne Des Moines Lab location and PSCs).
- Specimen collection hat.

BEFORE YOU BEGIN

- Do NOT let urine mix with stool.
- Cover toilet under the seat with newspaper/plastic wrap OR use a clean container.

HOW TO COLLECT

1. Open all containers. Use the attached spatula or a clean spoon.
2. **If stool is hard:** Add enough stool to reach the “fill” line. Sample ends and middle.
3. **If stool is soft/liquid:** Add 5 spoonfuls to each container.
4. Include any parts that look bloody, slimy, or watery.
5. Close lids tightly. If liquid is present, shake to mix.

LABEL EACH CONTAINER

- Your name and birthdate
- Date and time collected
- Check stool type (formed, loose, watery, bloody)

AFTER COLLECTION

- Bring specimens, your doctor’s orders or a MercyOne lab request form to your clinic or a MercyOne Patient Service Center.



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on Laboratory Services

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