

# Information for Patients

**Dear patient,**

Your doctor has given you a specimen container and mailing material for stool collection. You may now be experiencing a growing feeling of uncertainty with regard to exactly what you are expected to do with it. To help you with this, we have compiled the following rules on how to proceed.

## The 10 golden rules for correctly collecting and transporting stool specimens

1. Please **maintain your usual eating habits** on the days before collecting the specimen.
2. If you are taking any medicine or dietary supplements that contain **living microorganisms**, then, after consultation with your doctor, please discontinue taking these 3 days prior to collecting your stool sample.
3. Avoid contact of the stool with flush water or urine. For this purpose, the **stool should preferably be passed onto a “stool catcher”**, which is included in the sampling set your doctor has given you.
4. **Collect as solid a portion of stool** as possible using the specimen spoon provided. **Please avoid any unnecessary poking around in the stool**, because many bacteria cannot tolerate oxygen.
5. **Fill the specimen container ¾ full** and then tightly close the lid.
6. With **babies in nappies**, you may have to collect samples from several stool motions, in which case you should store the specimen container in the fridge between samplings. However, the collecting period should not exceed two days.
7. Please ensure that the **specimen vial** is labelled with your **name**. Then **place the vial into the somewhat larger transport vial** and close it tightly.
8. Please do not forget to **fill out the specimen covering note as legibly as possible**. In addition to the list of laboratory tests, on which your doctor has indicated which tests he would like to have carried out, and the practice address, your own **address** should not be missing. Also, please enter the **sampling date** and sign the covering note.
9. Place the specimen container, together with the specimen covering note, in the **enterosan® transport envelope** and send them **postage free** to our laboratory. (Postage will then be specified on the invoice).
10. If possible, please **avoid posting the specimen at weekends or on public holidays**.

**If you follow this advice, there is nothing that can stand in the way of obtaining an informative and reliable laboratory examination of your stool.**

- **Length of time for the laboratory examination.**  
Examination of the stool usually takes 3 - 5 days. Thus, taking the postal route into account, you can expect a result after about a week at the earliest.
- **Billing procedure for medical services.**  
We will send you a private invoice for our services.

**We should like to thank you for your cooperation and wish you a speedy recovery.**