



Government
of South Australia

SA Health

Collecting a faecal sample

STEP 1 Use one of these methods to collect some of your faeces for testing at a laboratory

Hold a clean disposable plastic container underneath.



Hold a clean plastic bag underneath.



Stretch clean new cling-wrap across the toilet so it sags in the middle



STEP 2 Use the scoop inside the lid of the container or a clean disposable spatula to transfer a small sample (cherry size) of faeces to the container.

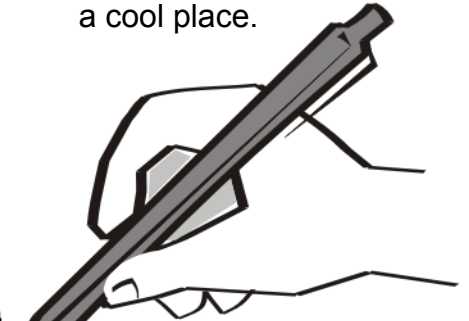
Screw on the lid and wash your hands.



STEP 3 Write on the label:

- your name
- your date of birth
- the date and time you collected the sample.

Keep the sample in a cool place.



IMPORTANT

- Keep the faecal sample free from urine if possible.
- If blood or mucus are present in the faeces, some should be included in the sample.
- When you have transferred the sample to the container, dispose of the materials you used to collect it by wrapping in newspaper and putting in the rubbish immediately.
- Wash your hands.
- Deliver the sample as soon as possible to the doctor, laboratory or collection centre.
- If the sample cannot be delivered immediately, it should be refrigerated.