

## 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.



OR

Hold a clean plastic bag underneath.



OR

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.