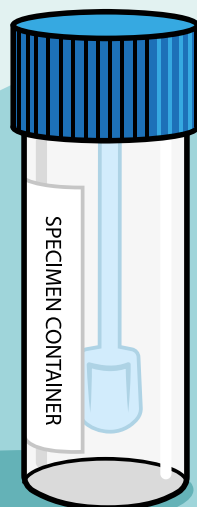


How to collect a sample of poo (stool sample)



A doctor may ask you to collect a poo sample if you have symptoms that need checking, such as:

- Diarrhoea
- Blood in your poo
- Stomach pain or discomfort

Collecting a poo (stool) sample

You'll be given a small plastic container to put your poo sample in. Write your name, date of birth and the date on the label on the container.

If you need to pee, do this before you collect your poo sample, so there's no pee mixed with the poo.

To collect a poo sample:

1.



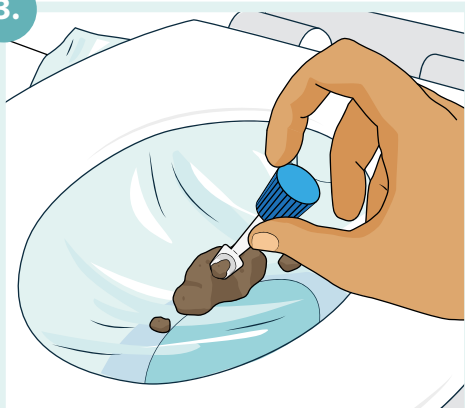
Put something in the toilet to catch the poo, such as a clean disposable container like an ice cream tub, or spread newspaper or clingfilm (plastic wrap) over the rim of the toilet.

2.



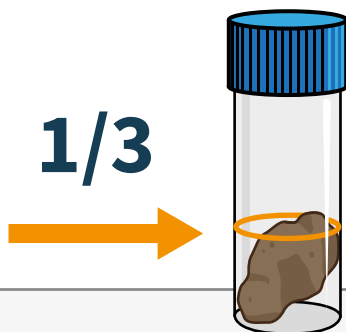
Do a poo. Make sure it does not touch the inside of the toilet, or the water.

3.



Use a disposable spoon to put some poo in the container – sometimes the container comes with a spoon. Include any poo that's watery or has blood or slime in it.

4.



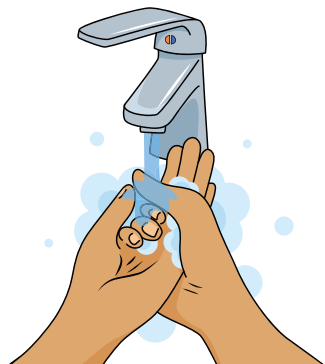
Fill the container about 1/3 full with poo, then screw the lid shut.

5.



Flush the rest of the poo down the toilet. Put everything you've used to collect the poo in a plastic bag, tie it up and put it in the bin.

6.



Wash your hands with soap and warm running water.

Handing in your poo sample

The doctor will tell you when and how to return your poo sample. They'll usually ask you to hand it in or post it in a prepaid envelope as soon as possible. It's important your poo sample is tested as soon as possible after you do it.

If you cannot take your poo sample in or post it within 24 hours, talk to your doctor so they can tell you what to do.



Further information can be found at

www.nhshighland.scot.nhs.uk/stool-sample



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www.nationalarchives.gov.uk/doc/open-government-licence/version/3/