

INSTRUCTIONS FOR PATIENTS FOR COLLECTING A STOOL SAMPLE (sample container with formalin)

A faecal analysis is prescribed in the case of suspected intestinal parasites (St-Parasites-m).

In the case of suspected helminths, it is recommended to test **3 times** with an interval of 2–4 days, as a single negative response does not prove the absence of parasites.

Your physician will decide whether it is necessary to test your urine. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

Preparation for a test:

- eat normally;
- do not take antibiotics or stool hardeners for one week before collecting the sample.



Collecting a stool sample:

- the preservative in the sample container is formalin 10%*;
- open the sample container without touching the inside of the container or the lid;
- avoid any contact of the stool with water or urine (for example you may use a disposable paper plate);
- use the spoon on the lid of the sample container to take an amount of the sample equal to 1/2 of the volume of the preservative (formalin 10%*) in the container and place the sample in the container;
- close the sample container in a leak-proof manner;
- shake the sample container gently 5–6 times to mix the sample with the preservative solution;
- write your **name and personal identification code** on the side (not the lid) of the container;
- write the **date and time** of collecting the sample on the referral.



Delivering the sample to the lab

Deliver the sample to the reception of the lab within the day.

If this is not possible, bring the sample to the lab the next morning, storing the sample container with the stool in the refrigerator at +2...+8 °C in the meantime.



Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at www.regionaalhaigla.ee or by calling **617 1300**.

*First aid in the case of coming in contact with formalin

Body – immediately remove any clothing which has come in contact with the substance, wash the area with plenty of water and soap.

Eyes – rinse with plenty of water for 10–15 minutes and seek medical attention.

Mouth – drink plenty of water and seek medical attention. NB! Do not induce vomiting!