

**Seymour Health Centre provided you with one or more of the following containers:**

Clean Vial (No Liquid)

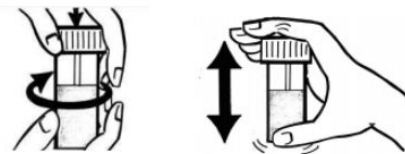
Stool Culture with Cary Blair medium (Pink Liquid)

Ova & Parasite with SAF Fixative (Clear Liquid)

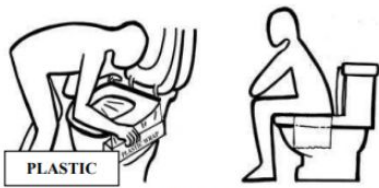
**Fill all containers provided. Do not discard liquid.**



1. Urinate into the toilet if needed.



5. Add spoonfuls of stool until stool (and liquid if present) reaches the "FILL LINE". Tighten cap securely and shake to mix. (if liquid is present).



2. Place sheets of plastic (ex. Saran Wrap™) over the toilet bowl and pass stool onto plastic wrap



6. Wash hands with soap and water.

Ensure Name, Date of Birth or Health Card no. and Date and Time of collection are written on the container(s). Place container(s) into plastic bag provided and seal.



3. Use a clean bowl or sterilized bedpan as an alternate to the plastic wrap. Do not let urine or water touch the stool specimen.



7. Bring the container(s) back to the lab within 24 hours of collection. Delays may affect test results. Until specimens can be brought to the lab, store as follows:

Clean Vial (No Liquid)-**refrigerate**

Stool Culture with Cary Blair medium (Pink Liquid)-**refrigerate**

Ova & Parasite with SAF Fixative (Clear Liquid)-**room temperature**



4. Use the spoon attached to the cap, place bloody or slimy/white (mucous) areas of the stool (if present) into container(s). Do not overfill the container(s).