

## How to Collect a Stool Sample for Your Lab Test

### Collecting a Stool Sample

Read all of the instructions before collecting a stool sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Your health care provider has ordered the following test(s):

- stool pathogen PCR panel
- Giardia antigen
- ova and parasites
- Cryptosporidium
- Clostridium difficile
- Helicobacter pylori antigen
- white blood cell
- stool culture.

Follow any instructions your health care provider gives you.

### Before You Collect Your Sample

- Do not take any of the following within 1 week of collecting your sample:
  - medicines to treat heartburn, indigestion or to prevent stomach ulcers (antacids)
  - barium or bismuth

## Sida Saambal Saxaro Loogu Ururiyo Baadhitaankaaga Shaybaadhka

### Sida Loo Ururiyo Saambal Saxaro

Akhri dhammaan fariimaha ka hor inta aanad ururin saambal saxaro. Waa muhiim inaad raacdid fariimaha si saambalka loo ururiyo si sax ah. Tani waxay gargaari doontaa in natiijooyinka baadhitaankaagu sax noqdaan.

Bixiyahaaga daryeelka caafimaadku waxa u amray baadhitaanka ama baadhitaanada soo socda:

- cudur sidaha ku jira saxarada ama xaarka (stool pathogen PCR panel)
- Giardia antigen
- ukun iyo deris-ku-nool
- Cryptosporidium
- Clostridium difficile
- Helicobacter pylori antigen
- unugyada cad ee dhiigga
- abuur saxaro.

Raac wixii ah fariimo ee u ku siiyo bixiyahaaga daryeelka caafimaadku.

### Ka Hor Inta Aanad Ururin Saambalkaaga

- Ha qaadan mid ka mid ah kuwan soo socda inta lagu jiro 1-ka todobaad ee ka horeeya ururinta saambalkaaga:
  - dawooyin lagu daweynayo laabjeexa, dheefshiidid la'aan ama si looga hortago boogaha caloosha (lidka asiidhka)
  - barium ama bismuth **(over)**

- medicines to treat diarrhea
- oily laxatives such as castor oil.

- Your health care provider will give you instructions for picking up your specimen container(s) for collecting your sample.
- You will also need a clean collection device such as a shallow pan, plastic bag or clear plastic wrap (to place over the toilet seat) in which to collect your sample before transferring part of it to the specimen container(s).

To collect a sample from a child in diapers, line the diaper with clear plastic wrap and transfer part of the sample to the specimen container(s).

## Special Notes About the Specimen Containers

- Some specimen containers contain liquid (a preservative). Do not pour it out. You will add your sample to it. The liquid in the:
  - orange-cap specimen container may cause irritation to skin or eyes. Rinse or flush with cool water right away if contact occurs.
  - green-cap specimen container is poisonous. **Call your local poison center at 1-800-222-1222 or go to the nearest hospital Emergency Department right away if you consume any of this liquid.**
- Do not use a specimen container if:
  - the solution appears cloudy or yellow
  - it is past the expiration date.
- Keep your specimen container(s) away from heat or flames. The liquid is flammable.
- Keep your specimen container(s) out of the reach of children and pets.

- dawooyin lagu daweeyo shuban
- calool-jilciyeyaal sida saliidda “castor”.

- Bixiyahaaga daryeelka ayaa ku siin doona fariimo sida ad u soo qaadan lahayn weelka ad ku ururinaysid saambalka saxaradaada.
- Waxa kale oo ad u baahan doontaa qalab ururin oo nadiif ah sida digsi qoto gaaban, kiish bac ah ama bacda duubista oo saafi ah (oo la dul saaro sal-saarka musqusha) si ad u ururid saambalka saxaradaada ka hor inta aanad qayb ka mid ah ku ridin weelka saambalka.

Si ad saambal ugu ururid ilmo loo xidho xafaayad, xaafadda dul saar bacda duubista oo saafi ah oo qayb ah saxarada ku rid weelka saambalka.

## Fariimo Gaar ah oo ku Saabsan Weelka Saambalka

- Qaar ka mid ah weelka saambalka waxa ku jira hoore (ah xafide). Ha ka shubin. Waxa ad dul dari doontaa saambalka saxaradaada. Hooraha ku jira:
  - weelka saambalka ee furkiisu yahay midabka liinta waxa laga yaabaa inu cuncun u keeno maqaarka ama indhaha. Isla markiiba raaci bixiyo qabow haddii taabasho timaado.
  - weelka saambalka ee furkiisu cagaaran yahay waa sun. **Xarunta sunta ee degmadaada ka wac 1-800-222-1222 ama isla markiiba tag Qaybta Degdegga ee cisbitaalka ee kuugu dhow haddii ad liqdid in ka mid ah hoorahan.**
- Ha isticmaalin weelka saambalka haddii:
  - hooraha ku jira u muuqdo mid ah ciiro ama hurdi
  - waxa la dhaafay wakhtigii dhicitaanka.
- Weelkaaga saambalka ka fogee kulka ama ololka. Hooruhu wuu ololi karaa.
- Weelkaaga saambalka ka fogee tiigsiga caruurta iyo xayawaanka guriga.

## How to Collect Your Sample

You will be collecting a sample for one or more tests, depending on your health care provider's order. You may use the same bowel movement for more than one test. For each test:

1. Unscrew the lid from the specimen container. Set aside.
2. Prepare the collection container (clean shallow pan, plastic bag or clear plastic wrap) in which you will collect your sample.
3. Collect the sample. **Do not collect stool that has been mixed with water or urine.**
4. Using the plastic spoon attached to the lid, scoop out samples from bloody, slimy or watery areas of the stool (if present). If the stool is hard, select areas from each end and the middle of the stool.
5. Transfer enough of the selected stool to the orange- and green-cap specimen containers to raise the level of liquid to the "fill to here" line. **Do not overfill.**  
  
If you have a screw-cap container without liquid, transfer the liquid stool (about the size of a walnut) to this container. There is not a "fill to here" line on this container.
6. Screw the lid back on the container. Make sure it is closed tightly. **Shake to mix.**
7. Write the following information on the container with a pen or marker that will not run if the ink gets wet:
  - full name
  - date of birth
  - date and time of collection.
8. Place the specimen container in a zip-close bag and seal it.

## Sida Loo Ururiyo Saambalkaaga

Waxa ad ururin doontaa saambal loogu talagalay hal baadhitaan ama ka badan, taasoo ku xidhan amarka bixiyahaaga daryeelka caafimaadka. Waxa ad isla hal dhaqaaq calool u isticmaali kartaa in ka badan hal baadhitaan. Halkii baadhitaan kasta:

1. Furka ka fur weelka saambalka. Meel dhinac ah dhigo.
2. Diyaari weelka ururinta (digsii qoto gaaban oo nadiif ah, kiish bac ah ama duub bac ah oo saafi ah) oo ad ku ururin doontid saambalkaaga.
3. Ururi saambalka. **Ha ururin saxaro u ku walaaqmay biyo ama kaadi.**
4. Adiga oo isticmaalaya qaaddada caagga ah ee ku dhegan furka, saambalo ama qaybo ka soo dar aagaga saxarada ee leh dhiig, xab ama biyo (haddii ay jiraan). Haddii saxaradu adag tahay, dooro aagag ah cidhif kasta iyo dhexda saxarada.
5. In ku filan baadhitaanka oo ah saxarada ad dooratay ku wareeji weelka saambalka ee leh furka midabkiisu yahay liin ama cagaar si ad heerka hooraha sare u qaaddid illaa laynka ay ku qoran tahay "buuxi illaa halkan." **Ha buuxdhaafin.**  
  
Haddii ad haysatid weel leh fur lagu maroojiyo oo aanuu ku jirin hoore, saxarada ah hooraha ku wareeji (qiyaastii cabbir leeg yicibta "walnut") weelkan. Weelkani ma laha laynka ay ku qoran tahay "buuxi illaa halkan."
6. Furka dib ugu marooji weelka. U hubso inu si adag u xidhan yahay. Rux si ay isugu qasanto.
7. Macluumaadkan soo socda ku dul qor weelka adiga oo isticmaalaya qalin ama calaamadeeye aan khadkiisu milmin marka uu qoyo:
  - magaca oo buuxa
  - taariikhda dhalasho
  - taariikhda iyo wakhtiga ururinta.
8. Weelka saambalka ku rid boorso lagu xidho siib oo xidh.

9. To store (until ready to return your sample):
  - place the orange-cap specimen container (stool pathogen PCR panel, Giardia antigen, stool culture) in the refrigerator
  - keep the green-cap specimen container (ova and parasites, Cryptosporidium) at room temperature
  - keep the screw-cap container without liquid (Clostridium difficile, Helicobacter pylori antigen, white blood cell) in the refrigerator.

Repeat steps 1 to 9 if your health care provider ordered more than one test.

## Returning Your Sample

- You will need to return your sample to your clinic or health care provider who ordered the test:
  - the same day as collecting for the stool pathogen PCR panel
  - within 24 hours of collecting for white blood cell
  - within 48 hours of collecting for other tests.
- Please bring a photo ID such as a driver's license and your insurance card with you.

## When You Will Get the Results of Your Lab Test(s)

- **1 to 2 days:** stool pathogen PCR panel, Clostridium difficile, Helicobacter pylori antigen, white blood cell
- **up to 4 days:** Giardia antigen, ova and parasites, Cryptosporidium
- **up to 2 weeks:** stool culture

9. Si ad u kaydisid (illaa ad diyaar u tahay inad keentid saambalka):
  - weelka saambalka ee leh furka liinta (cudur sidaha ku jira saxrada (stool pathogen PCR panel), Giardia antigen, abuurka saxarada) gali qaboojiyaha
  - weelka saambalka ee furkiisu cagaaran yahay (ukunta iyo deris-ku-noolka, Cryptosporidium) ku hay heerkulka qolka
  - Qaboojiyaha ku hay weelka leh furka la maroojinayo ee aan lahayn hooraha (Clostridium difficile, Helicobacter pylori antigen, unugyada cad ee dhiigga).

Ku celi talaabooyinka 1 illaa 9 haddii bixiyahaaga daryeelka caafimaadku amray wax ka badan hal baadhitaan.

## Soo Celinta Saambalkaaga

- Waxad u baahan doontaa inad saambalka u soo celisid xaruntaada caafimaadka ama bixiyaha daryeelka caafimaadka ee dalbay baadhitaanka:
  - isla maalinta la ururiyo saxarada laga baadhayo cudur sidaha ku jira saxarada (stool pathogen PCR panel)
  - ku keen gudaha 24 saac saxarada loo qaado baadhitaanka unugyada cad ee dhiigga
  - gudaha 48 saacadood ka-dib ururinta oo ah dhammaan baadhitaanada kale.
- Fadlan soo qaado oo keen aqoonsi sawir leh sida liisanka darawalka iyo kaadhkaaga caymiska.

## Goorma Ayaad Heli Doontaa Natiijooyinka Baadhitaankaaga Shaybaadhka

- **1 illaa 2 maalmood:** cudur sidaha ku jira saxarada (stool pathogen PCR panel), Clostridium difficile, Helicobacter pylori antigen, unugyada cad ee dhiigga
- **illaa 4 maalmood:** Giardia antigen, ukunta iyo deris-ku-noosha, Cryptosporidium
- **illaa 2 maalmood:** abuurka saxarada

Call your health care provider to get your results or if you have questions.



You will need to pick up one or more specimen containers, depending on which test(s) were ordered. Transfer only enough stool to raise the level of liquid to the “fill to here” line (top photo). Do not overfill. There is not a “fill to here” line on the screw-cap container without liquid (bottom photo).



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Wac bixiyahaaga daryeelka caafimaadka si ad u heshid natiijooyinkaaga ama haddii ad qabtid wax su'aalo ah.



Waxa ad u baahan doontaa inad soo qaadatid hal ama ka badan oo ah weelka saambalka, taasoo ku xidhan baadhitaanka la amray. Kaliya weelka ku soo wareeji saxaro ku filan inay heerka hooraha sare u soo qaado illaa laynka “buuxi illaa halkan” (fill to here) (sawirka sare). Ha buuxdhaafin. Ma jiro laynka ay ku qoran tahay “buuxi illaa halkan” dusha weelka leh furka la maroojinayo ee aan lahayn hooraha (sawirka hoose).



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