

Collecting a faecal sample

Details of how to collect samples to minimise contamination and spread of disease.

Step 1

Use **one of the following 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 clingwrap across the toilet so it sags in the middle



If possible, keep the sample free from urine.

Step 2

- > Use the scoop inside the lid of the container or a clean disposable spatula to transfer a small sample (about the size of a cherry) of faeces to the container.
- > If blood or mucus are present in the faeces, include some in the sample.
- > Screw the lid and wash your hands.
- > Dispose of the materials you used to collect it by wrapping in newspaper and putting in the rubbish immediately



Step 3



- > Write on the label:
- > name
- > date of birth
- > the date and time you collected the sample.
- > Keep the sample in a cool place.

Step 4

Deliver the sample as soon as possible to the doctor, laboratory or collection centre.



If sample cannot be delivered immediately, it should be refrigerated

You've Got What?

Communicable Disease Control Branch

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www.sahealth.sa.gov.au/youvegotwhat

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