



## Factsheet - Collecting a faeces specimen

People who suffer an upset stomach may be asked to provide a faeces specimen to help the doctor or environmental health to establish the cause of an illness.

A plastic specimen container with a spoon and a yellow form attached to a plastic specimen envelope will be provided by your family Doctor or an Officer from the Environmental Health Department.

### How do I collect the sample?

- First ensure your name and your date of birth are clearly marked on the sample container.
- Take the plastic specimen container with you when you go to the toilet.
- Place some toilet paper across the toilet bowl.
- Pass the faeces onto the toilet paper.
- Carefully collect a spoonful of the faeces using the plastic spoon provided and put the faeces into the plastic container. Do not fill the specimen container. One spoonful is enough.
- Replace the lid tightly.
- Place the container inside the plastic bag provided together with the form.
- After you have collected the sample flush the toilet.
- Finally wash your hands thoroughly, using hot water and soap.

**Specimens should not be more than 24 hours old and should be stored in a cool Place (NOT your refrigerator)**

**Take the sample to your G.P. as soon as possible**

**You will be informed of the results in due course.**

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