How to Get Stool Sample

Do this 1-4 days before you are going to bring us the sample.
Urinate (pee) in the toilet before starting.

For a video demonstration, please watch:
http://z.umn.edu/impenglishfull

The kit has these things:
1. A FecesCatcher paper
2. A tube
3. Latex-free gloves
4. A bag
5. A Paper Towel

This is what you have to do:

1. Gently open the FecesCatcher paper. Put the sticky ends on the left and right sides of the toilet. Make sure the center of the paper does not touch the water. Press hard on the sticky ends so they stick to the toilet.
2. Have your normal bowel movement onto the paper. Make sure that nothing touches your stool, like toilet paper, water or urine.
3. Wash and dry your hands. Put on the gloves.
4. Unscrew the cap on the tube. The lid of this tube will have a scoop attached to it.
5. Use the scoop to pick up as much stool as you can and put it in the tube. Repeat until the tube is full or you are out of stool.
6. Tightly screw the lid on the tube. Place the tube into the bag with the paper towel.
7. Remove the FecesCatcher paper from the sides of the toilet. Shake the FecesCatcher paper so the stool falls into the toilet.
8. Either put the paper in a waste basket (recommended for all toilets, especially at home)
   Or: Put the paper into the toilet water, let it soak for 1-2 minutes and flush it down the toilet.
9. Remove the gloves and put into the trash. Wash your hands.
10. Keep the fecal sample in your freezer and away from children until you can return it to us.

Questions? Please contact the study coordinators: