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/impenglish

The kit has these things:
1. A FecesCatcher paper
2. A tube
3. A stick
4. Latex-free gloves
5. A small envelope
6. A bag
7. 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. Do not spill the liquid. Put the lid on the counter, with the inside facing up, towards the ceiling.
5. Open the package with the stick.
6. Get a small amount of stool on the stick, about the size of 3-4 grains of rice.
7. Scrape the stool into the tube.
8. Repeat this again to put another small amount of stool into the tube.
9. Use the stick to evenly mix the stool and liquid in the tube. Throw away the stick.
10. Tightly screw the lid on the tube.
11. Place the tube in the small envelope and seal it. Place the envelope in the bag with the paper towel.
12. Remove the FecesCatcher paper from the sides of the toilet. Shake the FecesCatcher paper so the stool falls into the toilet.
13. 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.
14. Remove the gloves and put into the trash. Wash your hands.
15. Keep the fecal sample at room temperature and away from children until you can return it to us.

Questions? Please contact the study coordinators: