

5. Tighten the lid on the container to prevent leakage. Shake the container to mix the contents.
6. Place the container into a ziplock bag and refrigerate.
7. Bring the container(s) to the Ambulatory Care Outpatient Lab Bloodwork area as soon as possible.

G. STOOL FOR OCCULT BLOOD

1. Before collecting the stool sample, please void so as not to contaminate the stool with urine.
3. Once stool is obtained, use a tongue depressor to collect a small sample.
4. Open the front section of the collection container and apply a thin layer of stool to Box A.
5. From the same stool sample, collect a portion of stool from a different area than used for Box A and apply a thin layer to Box B.
6. Close and secure the front flap of section 1 by inserting it under the tab.
7. Store at room temperature.
8. Repeat steps 1-7 for the next two days using sections 2 and 3.
9. When the three-day collection is complete, store the slide in the paper envelope overnight and return to the Ambulatory Care Outpatient Lab Bloodwork area.

H. STOOL FOR CLOSTRIDIUM DIFFICILE

You will be given a sterile container(s) in a ziplock bag.

1. Before collecting the stool sample, please void so as not to contaminate the stool with urine.
2. Collect stool into a disposable container.
3. Once stool is obtained, use a tongue depressor to collect a small sample (approximately 2 tablespoons).
4. Place the sample into the sterile container. Label container with your name, date of birth and sample collection date.
5. **Tighten** lid on the container to prevent leakage. Refrigerate until returned to the laboratory.

RETURN OF SAMPLES

- Return all samples and requisitions to the Ambulatory Care Outpatient Lab Bloodwork area located on Level 2 in the Main Atrium.
- Hours of operation for specimen drop off are Monday to Friday 7:30 a.m. to 3:30 p.m.
- Please have your health card available when you bring in your samples.

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At Thunder Bay Regional Health Sciences Centre, patients are first. As leaders in Patient and Family Centred care, we partner with patients and their families every step of the way to treat the person instead of the disease or injury.

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Specimen Collection Clinical Laboratory

Please follow the instructions for the circled procedure.

Urine

- A 24-hour Urine Collection
- B Urinalysis
- C Urine Culture

Stool

- D Stool Culture
- E Stool for Ova and Parasites
- F Stool for Occult Blood
- G Stool for Virus
- H Stool for Clostridium Difficile

PROCEDURES FOR COLLECTION OF SAMPLES

Containers for all collection will be provided. Please follow the instructions of the circled procedure.

A. 24-HOUR URINE COLLECTION

DO NOT START COLLECTIONS ON FRIDAY OR SATURDAY. All of the 24-hour urine must be collected for accurate results. The specimen must be refrigerated until returned to the laboratory.

1. **DAY 1** - A 24-hour urine container is obtained from the staff in the outpatient area.
2. When you wake up in the morning of the day you will start the test, the first thing you should do is void the first morning urine sample into the toilet to empty your bladder.
3. From this point on, all through the day, you must collect ALL of your urine into the 24-hour urine container. Record the date and time of your first void on your order form. If a voided sample is not collected into the container, begin again. You must empty the container, rinse with tap water and start again.
4. The 24-hour urine container must be stored in the refrigerator between collections.
5. If you go out during the day, take the container with you. If you wake during the night to go to the bathroom, make sure you void your urine into the container.
6. **DAY 2** - When you wake in the morning, collect the first voided urine specimen into the container. Your bladder is now empty and you are finished the collection.
7. **Tighten** the lid on the container to prevent leakage. Label the container with your name, date sample collected and your date of birth. Refrigerate the container until you return it.
8. Bring the container and requisition to the Ambulatory Care Outpatient Lab Bloodwork area. At this time you may have a blood sample taken.

B. URINALYSIS

1. Void directly into a clean container.
2. **Tighten** the lid on the container to prevent leakage.
3. Write name, date sample collected and your date of birth on the outside of the container.
4. Place the container into a ziplock bag. Store the urine in the refrigerator.
5. Bring the urinalysis sample to the Ambulatory Care Outpatient Lab Bloodwork area within 24 hours of collection.

C. URINE CULTURE OR URINE FOR CULTURE AND URINALYSIS

1. Cleanse the perineal area with a clean damp cloth.
2. Begin to urinate your first morning sample into the toilet.
3. Once urination has started, place the specimen bottle into the urine stream to obtain a sample.

4. Remove the bottle before the flow of urine stops.
5. **Tighten** the lid on the container to prevent leakage.
6. Write your name, date sample collected and your date of birth on the outside of the container. Place the container into a ziplock bag and refrigerate.
7. Bring the sample to the Ambulatory Care Outpatient Lab Bloodwork area within 24 hours of collection.

D. STOOL FOR CULTURE - CONTAINER LABELLED - "ENTERIC PATHOGEN TRANSPORT"

1. Before collecting the stool sample, please void so as not to contaminate the stool with urine.
2. Once stool is obtained, use a tongue depressor to remove a teaspoon size portion of the stool and place into the container.
3. **Tighten** the lid on the container to prevent leakage. Label the container with your name, date sample collected and your date of birth.
4. Place the container into a ziplock bag and refrigerate.
5. Bring the container(s) to the Ambulatory Care Outpatient Lab Bloodwork area as soon as possible.

E. STOOL FOR OVA AND PARASITES - CONTAINER LABELLED "SAF FIXATIVE"

1. Before collecting the stool sample, please void so as not to contaminate the stool with urine.
2. Once stool is obtained, use a plastic spork attached to the lid and add stool to the yellow capped container. Add enough stool so the fluid reaches the top of the label on the container. It is best to take a small amount from the beginning, middle and end of the specimen. **DO NOT OVERFILL.** Mix stool in fluid using spork. Tighten the lid to prevent leakage. Store at room temperature.
3. From the same stool sample, take a portion and put it in the sterile white capped container. **THIS CONTAINER MUST BE REFRIGERATED.** If sample needs to be stored greater than 72 hours, **SAMPLE MUST BE FROZEN.**
4. Collect the required samples on different days to ensure accurate test results (i.e. if more than one sample is required).
5. Label containers with your name, date sample collected and date of birth. Place containers in a ziplock bag.
6. Bring containers to the Ambulatory Care Outpatient Lab Bloodwork area as soon as possible.

F. STOOL FOR VIRUS CULTURE - CONTAINERS LABELLED "VIRAL TRANSPORT MEDIA"

1. Before collecting the stool sample, please void so as not to contaminate the stool with urine.
3. Once stool is obtained, use a tongue depressor to remove a teaspoon size portion of the stool and place into the container.
4. Tighten the lid on the container to prevent leakage. Label the container with your name, date sample collected and your date of birth.