



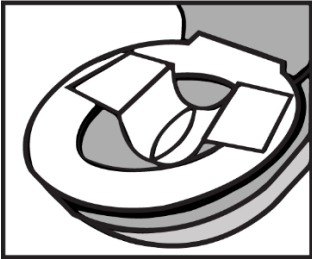









HOW to TAKE a POO SAMPLE

<p>STEP 1</p>	<p>Get from Doctor or nurse:</p> <ul style="list-style-type: none"> • Plastic container • Plastic bag • Request form 	
<p>Remember! You may need to collect a sample 3 days in a row into 3 different collection jars.</p>		
<p>STEP 2</p>	<p>If you need to urinate, do this before you collect the sample.</p>	
<p>STEP 3</p>	<p>Write your name and date of birth on the container.</p> <p>Write the date and time of collection that you collected each separate sample</p>	
<p>STEP 4</p>	<p>Place something in the toilet bowl to catch the poo, such as a clean plastic container, or toilet paper.</p>	
<p>STEP 5</p>	<p>Do a poo — Make sure there is no urine in sample.</p>	

<p>STEP 6</p>	<p>Put some of the poo (about 2.5cm) you have collected into the collection container using the lid's scoop and screw the lid shut.</p>	
<p>STEP 7</p>	<p>Flush the rest of poo down the toilet.</p> <p>Place anything used to collect the faeces into a plastic bag, tie it up and throw it in the bin.</p>	
<p>STEP 8</p>	<p>Wash your hands with soap and water</p>	
<p>STEP 9</p>	<p>Put poo sample and form into plastic bag.</p> <p>Wash your hands with soap and water.</p>	
<p>STEP 10</p>	<p>Deliver it back to your Doctor or pathology service as soon as possible</p>	
<p>NOTE</p>	<p>If you can't deliver the poo sample within 2 hours, store it in the fridge NOT FREEZER until you are able to deliver (no longer than 24 hours).</p>	

This resource was developed by the Refugee Health Network Queensland for Refugee Health Services to use with patients (June, 2022)

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