

# Guide for collecting a poo sample

To work out what is causing the gastro symptoms, it is important that a poo sample is collected as soon as possible after becoming sick.

## 1 Labelling



- Print name and date of birth of the person who is providing the sample
- Add date and time the poo was collected on:
  - the outside label of the **sterile jar**.
  - the **pathology form**.
- Add a **contact phone number** on the pathology form for Public Health to provide results to you.

## 2 Collect



**Option 1:** Put paper towel under toilet seat and push down in the middle (not touching the water). Poo on the paper.

OR

**Option 2:** Put a clean, disposable container in the bowl (e.g. an empty ice cream container). Poo into the container.

OR

**Option 3:** Collect poo from a nappy.

## 3 Put on gloves



- Put on the gloves provided
- Find plastic scoop in the lid of the sterile jar
- Transfer some poo into the **sterile jar** to about 1/3 full
- Screw lid on **tightly**

## 4 Place in bag



- Place **jar** (with poo inside it) into the provided plastic zip lock bag and close.
- Place plastic zip lock bag inside the foil bag provided and close.

## 5 Rubbish



- Put any rubbish in a plastic bag
- Put rubbish into the rubbish bin

## 6 Wash hands



- Wash hands well with warm water and soap

## 7 Place in fridge



- Put foil bag in a separate area of the fridge away from food
- Deliver sample to a Sullivan Nicolaides or QML pathology collection centre

### IMPORTANT NOTE:

The sample will not be processed if the jar leaks OR if the jar or pathology form is incorrectly labelled.

Thank you for your assistance. If you have any questions please call  
Gold Coast Public Health Unit ☎ 5667 3200