

# Directions



PCNZDiagnostic

## Stool Sample Collections

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### Before you Start

- Check the contents of the collection box:
  - 1 x Disposable Latex Glove
  - 1 x SAF Tube (brown top)
  - 1 x Labelled Courier Bag
  - 1 x PCNZDiagnostic Request Form
  - 1 x Disposable Collection Tray
  - 1 x C&S Tube (white top)
  - 1 x Padded Envelope
  - 1 x Lab Specimen Transport Bag
  - 1 x Directions for Stool Sample Collections
- Read the enclosed instructions before proceeding.

### Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

### Safety Notes

- **Avoid contact of the fluid in the tubes with your eyes or skin** (wash the area thoroughly if this occurs).
- **Do not inhale or ingest the liquid in the tubes** (contact your healthcare practitioner if this occurs).

### To Ensure we can Provide Accurate Results

- Ideally, stool samples should be collected on a Tuesday and put on an overnight courier, to reach PCNZDiagnostic on Wednesday.
- Do not discard the fluid in the SAF (brown top) tube.

### For the 1-Day Stool Parasitology Test

- **2 weeks before the test: cease taking antibiotics and antifungal drugs, unless instructed otherwise by your healthcare practitioner.**

### For the Complete Digestive Stool Analysis

- **2 weeks before the test: cease taking antibiotics and antifungal drugs, unless instructed otherwise by your healthcare practitioner.**
- **3 days before the test:** cease taking oral castor oil, laxatives, aspirin or ibuprofen (Nurofen, Apo-Ibuprofen, Brufen, Panafen) unless instructed otherwise by your healthcare practitioner. If you are on probiotics (Lactobacillus/Bifidobacterium) please confirm with your practitioner if you need to stop taking them prior to testing.
- **2 days before the test:** follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread) and fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test – vegetarians and vegans should eat their normal diet.

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Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand  
DDI: 64 9 442 1724 Email: [jo@pcnzltd.co.nz](mailto:jo@pcnzltd.co.nz) Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: [info@pharmaceutical.co.nz](mailto:info@pharmaceutical.co.nz) Website: [www.pharmaceutical.co.nz](http://www.pharmaceutical.co.nz)  
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### Specimen Collection Instructions

- In the morning, pass urine into the toilet, if necessary.
- Pass stool onto the collection tray without contamination from urine.
- Open the white top jar; use the scoop in its lid to collect several small portions of stool from areas of different colour or texture; including any with visible blood or mucous. Add them to the white top jar until it is half full, then close the lid tightly.
- Open the brown top tube; use the scoop in its lid to collect several portions of stool from areas of different colour or texture; including any with visible blood or mucous. Add them to the brown top jar until it is half full, then close the lid tightly.
- Label each tube with the patient's given name and surname, date of birth and date of collection.
- Flush the remaining stool down the toilet and dispose of the collection tray.

### Returning the Specimen to PCNZDiagnostic

- Put the sample/s in the sealable section of the specimen transport bag supplied.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag supplied.
- Place the specimen transport bag into the padded envelope provided and place these into the labelled courier bag.
- Contact **CourierPost on 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

**PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627**

- Store the sample in the refrigerator until pickup.

### Results

Your practitioner can expect to receive results approximately 4 weeks after PCNZDiagnostic receives the specimen.

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