



Specimen:

Approximately 20-30g of faeces (size of a plum or small egg) is required.

Collection Procedure:

1. Line a clean ice cream bucket (or large plastic container) with aluminium foil or toilet paper.
2. Pass faeces into container.
3. Using the scoop in the lid of the brown topped faeces container, or a wooden applicator, transfer some faeces into this container.
4. If watery diarrhoea, pass into unlined container and then pour into brown-topped faeces container.
5. Label container with surname, given name, date of collection, time of collection and date of birth.
6. Deliver specimen and request form to the nearest Collection Centre as soon as possible.

Patient Dietary Requirements : Commence 2 days prior to collection

a. DRUGS and Vitamins to AVOID

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| i. Aspirin (or any medication containing aspirin) | iv. Vitamin C (ascorbic acid – or any vitamin preparation with more than 250mg of vitamin C per day) |
| ii. Anti-inflammatory drugs (eg: indomethacin, naproxen and drugs used in the treatment of arthritis) | v. Reserpine |
| iii. Iron tablets | vi. Phenylbutazone |

b. DRUGS which MAY CONTINUE to be taken

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| i. Unless advised to stop by your doctor, continue to take your usual other medication. | ii. If you normally take an anticonstipation or stool softening agent, you may continue to do so. |
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c. FOODS to AVOID

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| i. All red meat (eg: beef, lamb etc) | iii. Fruit |
| ii. Vegetables | • Bananas |
| • Artichokes | • Cantaloupes |
| • Bean sprouts | • Grapes |
| • Broccoli | • Oranges |
| • Cauliflower | |
| • Horse radish | |
| • Mushrooms | |
| • Radishes | |
| • Turnips | |

If you have concerns about any of the above patient Dietary Requirements, please check with your treating doctor.