

Stool Sample Collection (Intestinal Bacteria Test) – Instructions and Precautions

Precautions for Stool Collection

- Please collect the stool sample on the day before or the day of submission, if possible.
- After collecting the sample, store the container in a cool place, away from direct sunlight and high temperatures.
- If you are constipated and do not have a bowel movement every day, collect the sample when you do have a bowel movement.
- Do not discard the jelly-like substance inside the container, as it is necessary for preserving the stool.

How to Collect the Sample

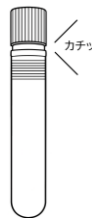
1. Remove the cap from the stool collection stick.



2. Use the tip of the stick to poke the surface of the stool 2 to 3 times.
(Poke different areas each time to collect a representative sample from the whole stool.)



3. Return the stick to the container, close the cap tightly until it clicks, and place the container in the specimen bag for submission.



Example of Toilet Use During Stool Collection

- Turn off the automatic flush function.
- When using a Western-style toilet, sit either facing forward or backward.
Place toilet paper inside the toilet bowl to prevent the stool from sinking into the water, making it easier to collect.



Sit facing the back. Sit toward the front of the toilet seat. squat-type toilet
If the stool is passed while wiping, it is acceptable to collect the sample directly from the toilet paper.