

12.6.2023

## Stool sample for parasite measuring (F-Para-O, 2455 and F-CrypVr, 3444)

### Sampling kit

- Plastic sample container 1-3 pcs (preservative formaline 10%). NOTE! If there are more than one sample containers, samples should be taken on different days or at least different times of passing stool.
- Labels for personal and travel data.

### IMPORTANT!

Sample preservative **formaline 10 % is toxic.**

In case of:

- SKIN CONTACT: remove contaminated wear, wash the skin with plenty of water and a mild soap, and apply cream on the skin
- EYE CONTACT: Flush with plenty of water for 10-15 minutes and contact a physician immediately
- MOUTH CONTACT: Drink plenty of water and contact a physician immediately, do not induce vomiting.

### Sampling

- Empty your bladder before passing stool (there should not be urine in the sample).
- Pass stool into a clean and dry dish, for example disposable dish, or a potty covered with a plastic bag (e.g. freezer bag) or another suitable dish.
- Open the sample container carefully to prevent the preservative liquid from leaking.
- Take one full teaspoon of stool with a wooden spatula, clean disposable spoon or similar, and put it into the sample container. If the stool is loose (diarrheic stool) double the amount of stool. Close the container carefully. Make sure the container is not leaking.
- Shake the container to mix the stool evenly with the preservative liquid.
- Write your name, personal identity code, date and time of sampling and information about your travels abroad on the label:
  - If you have travelled abroad within the previous one year (or earlier, if there is reason to believe that your symptoms are related to a specific earlier trip), write: COUNTRY and DATE.
  - If you have not travelled abroad during the past year, write: NO TRAVELS.
- Stick the label on the sample container and pack the sample container into a plastic bag (e.g. Minigrip®). If there is a paper referral attached, leave it outside the bag.

### Storing of sample

Take the sample containers to the laboratory as soon as possible after the last stool sample was taken. If you need to store the sample containers before they are taken to the laboratory, keep them in a cool place, for example in a refrigerator, protected from sunlight. The sample container can be taken to the laboratory in room temperature. **The sample must not be frozen.**

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other instructions.

You medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.