

17.2.2025

Stool sample for ova and parasite examination test (F-Para-O, 2455 and F-CrypVr, 3444)

Sampling kit

- 1-3 sample vials that contain liquid (formalin 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.
- Disposable plastic gloves

IMPORTANT!

Sample preservative **formalin 10 % is toxic**. Wear disposable gloves and ensure good ventilation in the room when handling the vials.

In case of the contact to:

- SKIN: remove contaminated wear, wash the skin with plenty of water and a mild soap for 10-15 minutes.
- EYES: rinse with plenty of water for 20-30 minutes
- MOUTH: do not induce vomiting, first rinse your mouth with water and then drink two glasses of water.

Should any symptoms develop after exposure, contact a doctor immediately. If needed, call Myrkytystietokeskus t. 09 471 977.

Sample collection

- Empty your bladder before passing stool (there should not be urine in the sample).
- Pass stool into a clean and dry dish, for example a disposable dish, a potty covered with a plastic bag (e.g. a freezer bag) or another suitable dish.
- Open the sample container carefully to prevent the preservative liquid from leaking.
- Add a small amount (about a size of a grape) of stool to the vial using the spoon attached to the cap or a wooden spatula, clean disposable spoon or similar. If the stool is loose (diarrheic stool) double the amount of stool. Close the vial carefully. Make sure the vial is not leaking.
- Shake the vial 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 past 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 within the past year, write: NO TRAVELS.
- Stick the label on the sample vial and pack the sample vial into a plastic bag (e.g. Minigrip®). If there is a paper referral attached, leave it outside the bag.

Storage

Store the specimens at 2-8 °C (refrigerated). Return specimens to the laboratory as soon as possible after the last stool sample has been collected. Transport at 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.

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