

## Vermont Department of Health Laboratory

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### INSTRUCTIONS FOR COLLECTION AND PACKAGING OF FECES FOR PARASITE EXAMINATION VDHL KIT #2 OR URINE FOR SCHISTOSOME DETECTION

#### **PLEASE READ INSTRUCTIONS CAREFULLY BEFORE COLLECTING SPECIMEN**

#### **I. COLLECTION OF FECES USING VDHL KIT #2 (Total Fix preservative)**

In order to comply with postal regulations and ensure the safety of laboratory personnel and others involved in transport of specimens, and to maintain integrity of the sample, the VT Department of Health Laboratory will accept for testing only those specimens that are packaged according to the instructions below.

The kit should contain:

1. Plastic vial with spoon attached to cap containing Total-Fix preservative. **DO NOT DRINK OR EMPTY OUT THE PRESERVATIVE.**
2. Metal inner container.
3. Cardboard outer container with mailing label.
4. Requisition form (MICRO 220).
5. Instructions (MICRO 407).

#### **PRECAUTIONS**

1. Total-Fix preservative is flammable. Use in a well-ventilated area and avoid breathing in any fumes.
2. Avoid contact of the Total-Fix preservative with skin or eyes. If contact occurs, flush affected area with water. If irritation develops contact a physician immediately.
3. Total-Fix preservative is poisonous. If ingestion occurs, drink milk or water and contact a physician immediately.

#### **INSTRUCTIONS**

1. PRINT PATIENT NAME AND DATE OF COLLECTION ON LABELED PLASTIC VIAL.
2. Fecal specimens should be collected in a clean, dry, wide mouthed container; a bedpan is ideal. However, a waxed cardboard half-pint container with a tight-fitting lid, a clean, dry milk carton with the top two thirds removed, or a plastic bag or plastic wrap placed over the toilet seat opening is acceptable. Contamination with urine should be avoided.
3. Small samples of the specimen should be placed into the Total-Fix preservative vial using the spoon built into the lid of the vial. Transfer small samples of stool from areas that appear bloody, slimy, or watery. If the stool specimen is firm, take samples from both ends and the middle. Continue adding stool until the liquid level in the container has reached the **BLACK FILL LINE**. This will ensure the appropriate ratio of preservative to sample. **DO NOT OVERFILL**. Overfilling a specimen may result in a falsely negative result due to inadequate preservation of parasites. If overfilling occurs, the specimen will be rejected.
4. Use the spoon to thoroughly stir and mix the stool with preservative. Recap the vial, making sure the lid is securely fastened. Firmly shake the vial until contents are thoroughly mixed (the solution should appear homogeneous). Inadequate mixing could result in a falsely negative result due to inadequate preservation of parasites. If the specimen is not homogenous it may be rejected.
5. Place the labeled vial into the metal container provided. Screw cap on securely.

6. Fill out the patient information and physician information on the requisition form (MICRO 220) completely. This includes:

- Clinical Laboratory/Practice Information
- Patient name, address, date of birth, and gender
- Date of Collection
- Billing Information
- Specimen type (select **STOOL**)
- Reason for Test
- Laboratory Examination Requested: select desired tests under the **Parasitology** section

7. Fold completed requisition and wrap around outside of metal container.

8. Place requisition and metal container inside cardboard outer container. Screw cap on securely.

9. Mail or deliver specimen to the VT Health Department Laboratory as soon as possible after collection. Specimens may be refrigerated or kept at room temperature until delivered.

**NOTE: For routine parasitic workup, it is recommended that patients submit stools from three normal bowel movements, one every other day, or within a 10-day period. Multiple specimens, collected on the same day will be considered duplicates and only one specimen will be processed.**

THE LABORATORY WILL DECONTAMINATE AND DISCARD ANY SPECIMEN WHICH IS IMPROPERLY PACKAGED AND MAY PRESENT A RISK TO PERSONNEL.

**The following specimens may be rejected:**

1. Leaking or broken specimen containers.
2. Duplicate specimens collected on the same day.
3. Specimens with no request form or lacking patient identification.
4. Unpreserved stool that is greater than 2 hours from the time of collection.
5. Specimens contaminated with barium, mineral oil, urine, antacids, etc.
6. Specimens that are not homogenous or have been overfilled.
7. The Total-Fix preservative is expired.

**II. COLLECTION INSTRUCTIONS FOR URINE SUBMITTED for Detection of *Schistosoma haematobium*.**

1. For *Schistosoma haematobium*, an increased number of eggs is shed in the urine around midday, so an optimum urine specimen for diagnosis should be collected at noon.
2. Collect the urine specimen (50 ml) in a clean screw-capped container. Ship the urine specimen cold to the laboratory as soon as possible. A delay in shipping could cause the eggs to hatch and result in a false negative diagnosis. Protect from light (light can cause the eggs to hatch).
3. Place the specimen container in a leak-proof zip-lock bag. Include absorbent material in the bag. Place this in a leak-proof, Specimen transport biohazard bag for Category B clinical specimens. Include the completed requisition form (see 1.6 above.) Ship COLD to the lab.

If you have any comments or questions regarding this form or these instructions, please call one of the telephone numbers listed above. Thank you.