

## Stool Sample Collection Instructions

You are receiving this package because your child is due for a stool collection. If blood draw is required at this time, you will have also received a tube for blood draw. Please fill out the enclosed form(s) that corresponds with each sample included in this package.

If you did receive a tube for blood draw, please make the appropriate arrangements to have your child's blood drawn. Remember that your child's blood and stool samples should be collected as close together as possible (same day is preferred). Also keep in mind that blood must be shipped on the same day that it is drawn.

If you did not receive a blood tube, you should collect the stool sample from your child and return it to us (with the completed form) as soon as possible.

### SUPPLIES

Enclosed you will find:

- Large diagnostic specimen kit for stool sample shipping (styrofoam box)
  - Four small stool collection tubes pre-labeled with study code
  - Two sticks
  - Ice pack
- Stool collection form
- Materials for return shipment of samples (if applicable)
- Stool collection device (for children aged 2 years and older)

### STEPS

1. Collect the stool sample from your infant's diaper ASAP after it has been voided using the provided sticks.
2. For potty-trained children, place the stool collection device onto the toilet following the directions printed on the device.
3. Fill **two empty tubes** with as much stool as you are able without going over the 1.8 ml mark on the side of the tube.
4. Fill **two clear-liquid containing tubes** with a portion of stool that is about the **size of a small blueberry** or enough to bring the total contents of the tube (stool plus liquid) up to the 1.8 ml mark.
  - a. Gently mix the liquid and stool sample together, shaking the sample down if necessary. Mix well enough that the stool sample is completely submerged in liquid.
5. Store all four tubes in the home freezer immediately after collection (sealed inside ziplock bag) until the time of shipment or the time of your study appointment.



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### **BEST PRACTICES**

- Please do not write your child's name on the tubes; tubes should be pre-labeled with a de-identifying study code.
- Do not leave stool at room temperature for more than 15 minutes (before or after collection).
- Do not store the collected stool sample in the freezer for more than 3 days.
- Please plan ahead! Collect stool 1-2 days prior to scheduled blood draw (if applicable) so that it is ready for shipment immediately after blood is drawn.
- Freeze your ice pack (for return shipment of the sample) for a minimum of 24 hours before returning your stool sample by mail. This will ensure that the sample stays frozen during the shipping process.
- Do not ship on Fridays or during the weekend as samples will not reach us in a timely manner and will not remain frozen during this time.
- **If your child's stools are not solid**, it may be helpful to line the diaper with saran wrap or cotton balls to help absorb or catch the stool sample. With saran wrap, you may dump the collected stool into the collection tubes. With cotton balls, you may squeeze the collected stool into the collection tubes.

### **QUESTIONS**

It is easiest to get in touch with us through email at [CDGEMM@mgh.harvard.edu](mailto:CDGEMM@mgh.harvard.edu). If you have an immediate question, you may also reach Stephanie by phone at 617-643-9942.