

# Quest Diagnostics Stool Test Instructions

EDUCATION

Allina Health  
LABORATORY

## How to Collect a Stool Sample for Your Lab Test

### Collecting a Stool Sample

Read all of the instructions before collecting a stool sample. It is important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Your health care provider has ordered the following test(s):

- ☐ stool pathogen PCR panel
- ☐ Giardia antigen
- ☐ ova and parasites
- ☐ Cryptosporidium
- ☐ Clostridium difficile
- ☐ stool culture.

Follow any instructions your health care provider gives you.

### Before You Collect Your Sample

- Do not take any of the following within 1 week of collecting your sample:
  - medicines to treat heartburn, indigestion or to prevent stomach ulcers (antacids)
  - barium or bismuth
  - medicines to treat diarrhea
  - oily laxatives such as castor oil.
- Your health care provider will give you instructions for picking up your specimen container(s) for collecting your sample.
- You will also need a clean collection device such as a shallow pan, plastic bag or clear plastic wrap (to place over the toilet seat) in which to collect your sample before transferring part of it to the specimen container(s).



You will need to pick up one or more specimen containers, depending on which test(s) your health care provider ordered. It is important that you transfer only enough stool to raise the level of liquid to the "fill to here" line on the orange- and green-cap specimen containers (top photo). Do not overfill.

There is not a "fill to here" line on the screw-cap container without liquid (bottom photo).



© Allina Health System

To collect a sample from a child in diapers, line the diaper with clear plastic wrap and transfer part of the sample to the specimen container(s).

### Special Notes About the Specimen Containers

- Some specimen containers contain liquid (a preservative). Do not pour it out. You will add your sample to it. The liquid in the:
  - orange-cap specimen container may cause irritation to skin or eyes. Rinse or flush with cool water right away if contact occurs. **(over)**

**Quest Diagnostics stool test instructions** are essential for patients undergoing gastrointestinal evaluations. Stool tests play a critical role in diagnosing various conditions, including infections, malabsorption syndromes, and colorectal cancer. Understanding the proper preparation and collection methods is vital for obtaining accurate results. This article will guide you through the necessary instructions and considerations for a successful stool test with Quest Diagnostics.

## What is a Stool Test?

A stool test, also known as a fecal test, examines a sample of stool to

detect abnormalities that may indicate health issues. The test can identify:

- Infections: Bacterial, viral, or parasitic infections can be diagnosed through stool culture tests.
- Digestive Disorders: Conditions such as celiac disease or inflammatory bowel disease (IBD) can be evaluated.
- Blood in Stool: Tests can detect hidden (occult) blood, which may indicate colorectal cancer or other gastrointestinal bleeding.

## **Preparation for the Stool Test**

Preparing for a stool test is crucial for ensuring the accuracy of the results. Here are the steps you should follow before the collection:

### **1. Consult Your Healthcare Provider**

Before undergoing a stool test, discuss with your healthcare provider any medications, supplements, or dietary changes that may affect the results. Some medications, especially non-steroidal anti-inflammatory drugs (NSAIDs) and certain supplements, might need to be paused before testing.

### **2. Dietary Restrictions**

In some cases, you may be advised to avoid specific foods that can interfere with the test results. Generally, patients are encouraged to:

- Avoid red meat for at least 3 days prior to the test.
- Stay away from certain fruits and vegetables, such as broccoli, cauliflower, and radishes, which can affect the test for blood.
- Limit vitamin C intake, as high doses can lead to false-negative results in fecal occult blood tests.

### **3. Hydration**

Staying hydrated is essential, especially if you are experiencing diarrhea or gastrointestinal symptoms. Drink plenty of fluids to maintain hydration levels before and after the test.

## **How to Collect a Stool Sample**

Following the proper collection method is critical for ensuring that the

sample is suitable for testing. Here are detailed instructions for collecting a stool sample for Quest Diagnostics:

## **1. Gather Necessary Supplies**

Before starting, ensure you have all the necessary supplies:

- A clean, dry container provided by Quest Diagnostics (usually a plastic or cardboard container with a lid).
- A clean spatula or stick for collecting the stool.
- Gloves (optional but recommended for hygiene).
- A labeled bag for transporting the sample.

## **2. Choose the Right Time and Place**

Select a time when you can collect the sample without interruption. It's best to collect the stool sample shortly after a bowel movement. If you are using the toilet, avoid letting the stool come into contact with urine or toilet water, as this can contaminate the sample.

## **3. Collection Process**

Follow these steps to collect the stool sample:

1. Preparation: If using gloves, put them on before handling the stool.
2. Positioning: Use a clean container to catch the stool. You can place the container in the toilet bowl or use a clean plastic wrap over the toilet seat to avoid contamination.
3. Sample Collection:
  - Use the spatula to collect a portion of the stool sample, typically about the size of a walnut.
  - Ensure you collect stool from different areas of the sample to get a representative sample.
4. Transfer the Sample: Place the collected stool into the provided container and seal it tightly.
5. Labeling: Ensure the container is correctly labeled with your name, date of birth, and the date of collection.

## **4. Storing and Transporting the Sample**

Once you have collected the stool sample, follow these guidelines:

- Storage: If you cannot deliver the sample immediately, store it in the

refrigerator (not the freezer) to preserve it until you can take it to Quest Diagnostics.

- Timing: Try to deliver the sample to the laboratory within 24 hours of collection. If there are specific instructions from your healthcare provider regarding timing, make sure to follow them.

## **After the Collection**

Once you have collected and delivered the stool sample, you can expect various outcomes:

### **1. Results Timeline**

The time it takes to receive results may vary depending on the type of test being performed. Generally, you can expect results within a few days to a week. Your healthcare provider will discuss the results with you and explain the next steps.

### **2. Follow-Up**

Depending on the results, your healthcare provider may recommend further testing, treatment, or lifestyle changes. It's crucial to maintain open communication with your provider, especially if you experience symptoms such as persistent diarrhea, abdominal pain, or rectal bleeding.

## **Common Mistakes to Avoid**

To ensure the accuracy of your stool sample testing, here are common mistakes to avoid:

- Not following dietary restrictions before the test.
- Contaminating the sample with urine or water.
- Using an inappropriate container that is not provided by the laboratory.
- Failing to collect a sufficient sample size.
- Not labeling the sample correctly.

# Conclusion

Understanding the **Quest Diagnostics stool test instructions** is vital for accurate diagnosis and treatment of gastrointestinal health issues. By following the preparation steps, collecting the sample correctly, and ensuring proper storage and transportation, you can contribute to the effectiveness of the testing process. Always consult your healthcare provider if you have questions or concerns regarding the test or the results. Taking proactive steps in managing your health can lead to better outcomes and improved well-being.

## Frequently Asked Questions

### **What is a Quest Diagnostics stool test used for?**

A Quest Diagnostics stool test is used to analyze stool samples for various conditions, including infections, digestive disorders, and screening for colorectal cancer.

### **How should I collect a stool sample for Quest Diagnostics?**

To collect a stool sample, use the provided collection kit, making sure to avoid contamination with urine or water. Follow the instructions closely, ensuring the sample is placed in the designated container.

### **Are there any dietary restrictions before taking a stool test?**

Yes, it's recommended to avoid certain foods such as red meat, broccoli, and certain medications for a few days prior to the test, as they can interfere with the results. Always follow specific instructions provided by your healthcare provider.

### **How do I store the stool sample before sending it to Quest Diagnostics?**

After collecting the stool sample, it should be stored in a cool place, ideally refrigerated, and sent to Quest Diagnostics as soon as possible to ensure accurate results.

### **What should I do if I miss the collection window for my stool test?**

If you miss the collection window, consult your healthcare provider for guidance. They may recommend retaking the test or adjusting the timing of your sample collection.

Find other PDF article:

<https://soc.up.edu.ph/49-flash/Book?trackid=ItK53-0708&title=psat-8-9-questions.pdf>

## **Quest Diagnostics Stool Test Instructions**

*Quest - The Centre | University of Waterloo*

Jun 14, 2025 · Quest is the University of Waterloo's student information system. Available on a desktop computer or a mobile device, the Quest system is available 24 hours a day, 7 days a ...

### **Quest for undergraduate applicants - The Centre | University of ...**

Quest is the University of Waterloo's student information system. Undergraduate applicants will find help with their application and personal information in Quest.

### **Sign In - University of Waterloo**

To find out if your web browser supports JavaScript or to enable JavaScript, see web browser help.

### **Quest for undergraduate students - The Centre | University of ...**

Quest is the University of Waterloo's student information system that allows you to create your class schedule, manage your fees and financial aid, view your student records, manage your ...

### **View and Change Your Fall 2025 Class Schedule**

Jul 21, 2025 · Learn how to look up teaching information (i.e., location, instructor) by searching classes in Quest. Learn how to resolve common Quest enrolment error messages.

### **Quest help - The Centre | University of Waterloo**

During regular business hours, staff in The Centre are here to assist students and employees with Quest issues via phone (519-888-4567, ext. 42268), and email. Note: the Live Chat function is ...

### **Quest for faculty and staff | The Centre | University of Waterloo**

Quest is the University of Waterloo's student information system. Faculty or staff have access to information related to student records, grades, teaching activity, and course scheduling ...

### **How do I self-declare an absence (undergraduate students)?**

How do I self-declare an absence (undergraduate students)? Quick links: Quest help for undergraduate students | Quest help for graduate students

*Oracle PeopleSoft Sign-in - University of Waterloo*

EnglishUK EnglishEspañolDanskDeutschFrançaisFrançais du

CanadaItalianoMagyarNederlandsNorskPolskiPortuguêsRomânăSuomiSvenskaTürkçeČeština ...

*Trouble shooting for Quest log in issues - University of Waterloo*

Mar 7, 2025 · If you are having issues logging in to Quest and seeing either a "username/password is invalid" error or "Bad Request - Header Field Too Long HTTP Error ...

### **Quest - The Centre | University of Waterloo**

Jun 14, 2025 · Quest is the University of Waterloo's student information system. Available on a desktop computer or a mobile device, the Quest system is available 24 hours a day, 7 days a ...

*Quest for undergraduate applicants - The Centre | University of ...*

Quest is the University of Waterloo's student information system. Undergraduate applicants will find help with their application and personal information in Quest.

*Sign In - University of Waterloo*

To find out if your web browser supports JavaScript or to enable JavaScript, see web browser help.

**Quest for undergraduate students - The Centre | University of ...**

Quest is the University of Waterloo's student information system that allows you to create your class schedule, manage your fees and financial aid, view your student records, manage your ...

**View and Change Your Fall 2025 Class Schedule**

Jul 21, 2025 · Learn how to look up teaching information (i.e., location, instructor) by searching classes in Quest. Learn how to resolve common Quest enrolment error messages.

**Quest help - The Centre | University of Waterloo**

During regular business hours, staff in The Centre are here to assist students and employees with Quest issues via phone (519-888-4567, ext. 42268), and email. Note: the Live Chat function is ...

Quest for faculty and staff | The Centre | University of Waterloo

Quest is the University of Waterloo's student information system. Faculty or staff have access to information related to student records, grades, teaching activity, and course scheduling ...

**How do I self-declare an absence (undergraduate students)?**

How do I self-declare an absence (undergraduate students)? Quick links: Quest help for undergraduate students | Quest help for graduate students

Oracle PeopleSoft Sign-in - University of Waterloo

EnglishUK EnglishEspañolDanskDeutschFrançaisFrançais du

CanadaItalianoMagyarNederlandsNorskPolskiPortuguêsRomânăSuomiSvenskaTürkçeČeština□ ...

*Trouble shooting for Quest log in issues - University of Waterloo*

Mar 7, 2025 · If you are having issues logging in to Quest and seeing either a "username/password is invalid" error or "Bad Request - Header Field Too Long HTTP Error 400" message but can still ...

Get clear

[Back to Home](#)