

Information for Patients/Parents

Collecting a stool (faecal) sample for reducing sugars/chromatography

Preparation

No dietary restrictions are needed. Your child does not have to stop taking any medicine they have been given before collecting this sample.

Make sure that the sample tube is labelled with your child's name, date of birth and the date and time of sample collection. If you have your child's hospital number or NHS number, please make sure that this is also on the sample label. If you were given a request label at your appointment, please check the information is correct and stick this label to the sample tube.

Collection of the stool sample

Collect a sample from your child's stool when they have diarrhoea - a sample 1 cm in diameter is sufficient (3-5 ml if the stool is runny).

Please try to collect a sample when your child's diarrhoea is improving, but watery samples **will** be accepted by the laboratory. The stool sample can be taken simply and quickly from any '**formed**' stool. Please do **not** take the sample from a mucus-like part or where there are pieces of vegetable matter (for example, fibre or nuts).

The stool sample must not be allowed to come into contact either with urine or with water from the toilet bowl. The sample can be taken from a stool on the side of the toilet/potty above the water-line. Otherwise, catch some stool on toilet paper, which you can then flush away afterwards. Fresh stool samples can also be collected from nappies.

Put anything you used to collect the sample in a plastic bag, tie it up securely and put it in a waste bin.

Wash your hands thoroughly.

Returning the Sample

The stool sample must reach the laboratory **within 2 hours of being produced** (address given below). If the 2 hour window cannot be met the sample can be frozen – double bag the sample tube and put it straight into your freezer at home. Please put the date and time the sample was frozen on the sample tube.

- If it has been frozen, it must get to the laboratory within 30 minutes of being taken out of the freezer. Please put the date and time the sample was removed from the freezer on the sample tube.
- Please make sure that you give the sample tube to a member of staff by hand and tell them it needs processing immediately.

If you do not wish to return the sample in person to the laboratory in Manchester, please take it either to the Out-patients clinic suite where you attended your hospital appointment, or to your local hospital laboratory. Please make sure that you give the sample to a member of staff by hand and tell them it needs to be frozen immediately.

Laboratory address: Central Specimen Reception
Clinical Sciences Centre (ground floor)
Manchester University NHS Foundation Trust
Oxford Road, Manchester M13 9WL

The results of this test will be sent to your doctor, who requested the test at your child's Out-patients appointment, approximately two weeks after the sample has arrived in the laboratory.

If you have any queries, please telephone (0161) 701 2255 (Paediatric Duty Biochemist). The Laboratory is open Monday-Friday, 9.00 am to 5.00 pm.