

## PARASITES, STOOL

### F-Para-O (2455)

Determining the cause of upset stomach and diarrhoea, particularly after trips abroad. The sample is examined for worm eggs and larvae as well as protozoan cysts (for example giardia and amoebae). The presence of parasites in the stool is intermittent, so it is recommended that the sample be taken from three consecutive stools.

### Sampling equipment

- Formalin sampling container (10%, toxic) 1–3 pcs
- Wide sample container / a kidney dish 1-3 pcs
- Name tag, 1–3 pcs
- Disposable gloves, 1–3 pairs
- Plastic bag (for example, Minigrip®)

#### PLEASE NOTE!

The sampling container contains formalin, which is **harmful to humans if swallowed, in contact with skin or eyes.**

In the event of spillage, rinse skin with plenty of water. If the chemical has been swallowed, rinse the mouth, drink a little water and contact the Poison Information

### Sampling

- Defecate onto a disposable container or a piece of toilet paper. Take a sample of the stool immediately after defecating. No urine or water can be mixed with the stool.
- Open the sampling container and place it on a level surface to ensure no formalin is spilled and wasted. Take a fingertip-sized lump of the stool into the sampling container with the scoop attached to the cap. Collect any bloody, slimy or otherwise atypical parts. If the stool is runny (diarrhoea), scoop about a tablespoonful of stool, so the content of the container doubles.
- **The sampling container is mixed carefully, in order to ensure the stool mixes in completely with the conserving agent.** The mixing is important for ensuring a reliable result.
- Attach a name tag you received from the laboratory or filled in yourself onto the sampling container. The tag must display your name, social security number and day of sampling.
- After sampling, seal the sampling containers carefully in the plastic bag.

### Storage and transport

The samples are stored in a refrigerator (2–8°C). All samples are delivered to the laboratory at room temperature at the same time as soon as possible, at the latest within 5 days of taking the first sample.