



Meridian
Valley LAB

STOOL FOR BACTERIA AND/OR CANDIDA CULTURE

COLLECTION & SHIPPING INSTRUCTIONS

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CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.

PLEASE NOTE When shipping the specimens back to the lab, send Monday through Thursday only. DO NOT MAIL ON FRIDAYS AS DELIVERIES **ARE NOT** ACCEPTED ON SATURDAY OR SUNDAY.

Observed holidays are as follows: New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and the Day After, and Christmas Day.

DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.

****CHECK EXPIRATION DATE ON ALL VIALS BEFORE DOING THE COLLECTION.**

INTERFERING SUBSTANCES

LIMIT SUPPLEMENTS OF VITAMIN C TO 1500 MILLIGRAMS the day before and the day of the test .

COLLECTION INSTRUCTIONS

NOTE: DO NOT COLLECT SPECIMENS ON A FRIDAY OR SATURDAY. SPECIMENS MUST REACH THE LAB WITHIN 48 HOURS OF COLLECTION. DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY.

1. Pass urine into the toilet. Place Nun's Hat on toilet seat and pass stool into it.
Important: DO NOT LET URINE OR WATER FROM THE TOILET BOWL COME INTO

Please call 206.209.4200 with questions or Toll Free 855.405.8378
Monday through Friday 6:00 am – 7:00 pm PST

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Fax: 206.209.4211

www.meridianvalleylab.com info@meridianvalleylab.com

CONTACT WITH THE STOOL SPECIMEN. Alternatively, any clean, plastic container can be used to collect the stool specimen.

2. Remove the vial from the cardboard box. Write Patient Name and Date of Collection on the vial.
3. Using the scoop on the inside of the vial lid, fill the vial with enough stool to raise the liquid to the RED FILL LINE (arrow)
4. **IMPORTANT:** do not overfill the vial. Once the stool is in the vial, mash it with the scoop so it mixes with the liquid. Cap tightly and shake well. **DO NOT REFRIGERATE SPECIMEN.**
5. Complete the enclosed requisition; include payment (if required).

SHIPPING INSTRUCTIONS

1. Place the vial in the biohazard bag. Seal the bag.
2. Place the requisition in the outside pocket of the biohazard bag.
3. Put the biohazard bag into the shipping box and secure by locking the tabs in place.
4. Place the shipping box in the UPS next day air pack and seal securely.
5. Place return shipping label with barcode on outside UPS next day air bag.
6. Save return receipt with the tracking number for your records.
7. Send specimens **Monday through Thursday only.**
8. Call UPS toll free at **1-800-742-5877** to arrange for a pickup or for the nearest drop location. UPS will pick up only on weekdays.
9. When calling for UPS pickup, request “**ON CALL AIR**” only. **DO NOT request a one-time pickup.** Meridian Valley pays for “**ON CALL AIR**” only. UPS expects the patient to pay for a one-time pickup.

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