

FAECAL PARASITES

F -Para-O

Purpose of the test

The purpose of the test is to determine the cause of abdominal discomfort and diarrhea, especially after trips abroad. The sample is examined for eggs and larvae of worms as well as protozoa cysts (e.g. Giardia and amebas).

Preparing for the test

The sample is collected in a sample container with 10% formalin solution as preservative.

Note! Do not discard the preservative. Avoid getting it in the eyes, respiratory tract and skin. In case of exposure, rinse the affected area with copious amounts of water and, if needed, seek medical assistance.

Collecting the sample

- Have a bowel movement into a large container or on a piece of toilet paper.
- Open the fecal sample container and place a dab of feces (approximately a teaspoonful) in the container using the spatula attached to the lid of the container. Include any bloody, mucous or otherwise abnormal areas in the sample. If the feces is runny (diarrhea), place approximately a tablespoonful of feces in the container so that the contents of the container double.
- Close the sample container tightly. Make sure none of the sample leaks on the outside of the container.
- **Swirl the container until the sample is fully mixed with the preservative.**
- Write your name, personal identification code and the sample collection date on the sticker. Place the sticker on the side of the sample container.
- Place the container in a plastic bag and seal the bag carefully.

Sample storage and transportation

The sample can be stored in a sample container containing formalin in the refrigerator for 3–7 days. Do not allow the sample to freeze. Bring the sample container to the laboratory, preferably on the sample collection date.