Nexus Healthcheck

How to Properly Collect a Stool Sample

Follow 5 simple steps for an accurate sample!

Follow the steps below and return the sample to the laboratory as soon as possible

01 PREPARE — Prepare the Collection Tube

Before starting, clearly write your **collection date** on the collection tube and the transparent outer bag.

Label filling guide:
NAME: Your name
DATE OF COLLECTION: DD / MM / YYYY

Carefully twist open the tube cap and gently pull the collection stick straight out of the tube.



02 PREPARE — Pre-defecation Preparation

Before defecation, line the toilet bowl with newspaper, plastic wrap, etc. **(as shown in the diagram)**.

This prevents the sample from falling into the water or touching the toilet surface, ensuring it is not contaminated.

Note: The stool must not touch water or be scooped out from the water.



03 COLLECT — Collect the Sample

Hold the collection stick horizontally and scrape back and forth several times on the surface of the stool.

An amount roughly the size of a **soybean or mung bean** is absolutely enough (approx. 1–2 grams).

Do not use the small spoon to scoop a full spoonful, and do not fill the entire tube with stool.



04 RETURN — Return the Collection Stick

Slowly and carefully insert the collection stick back into the tube, and make sure to screw the cap on tightly.

Important Note: Once inserted, please do not reopen the collection tube, as this may cause inaccurate laboratory results.

Tighten the cap
Do not reopen

05 STORE — Sample Storage

Put the collection tube back into the green outer bag.

Store it in a 2–8°C refrigerator/fridge, or place it in a cool, shaded area.

Please return the sample to the laboratory for testing as soon as possible.

Keep cool
Avoid direct sunlight

💡 Important Reminders

Temporary Unsuitability for Collection
Collection is not recommended if you have hemorrhoid bleeding, bloody stool, blood in urine, or are currently having your menstrual period.

Stool Consistency Restrictions
Please do not collect watery loose stool or extremely hard stool caused by severe constipation.