Nexus Healthcheck

居家採樣・清晰易懂

如何正確採集糞便樣本？

跟住 5 個步驟，確保樣本準確！

請按以下步驟完成採集，並盡快送回實驗室化驗

01 準備

準備採集管

開始前，請在採集管和透明外袋上，清晰寫上您的採集日期。

標籤填寫指引：

NAME（姓名）：您的姓名

您的採集日期：年/月/日

小心扭開管蓋，並將採集棒輕輕垂直拉出採集管。



02 準備

排便前的準備

排便前，請先在馬桶內鋪上報級、保鮮紙等（如圖）

此步驟可防止樣本掉落水中或接觸到馬桶表面，確保樣本不受污染。

注意：大便不能碰到水或在水中撈回。



03 採集

採集樣本

橫向握住採集棒，在糞便表面來回刮拭幾次。

大約一粒「黃豆」或「蠶豆」的大小就足夠（約 1–2 克）

請勿用小匙羹挖滿滿一整羹，亦切勿將大便填滿整支採樣管。



04 封存

放回採集棒

緩慢且小心地將採集棒插回採集管內，並務必將管蓋旋緊。

重要提示：**放入後請勿重複打開採集管，**否則可能會導致化驗結果不準確。

旋緊管蓋
避免重複開啟

05 儲存

樣本儲存

將採集管放進綠色外袋內。

請將其存放在 2–8°C 的雪櫃/冰箱中，或放置於陰涼處。

並請盡快將樣本送回實驗室進行化驗。

遠離高溫
避免陽光直射

💡 重要提示

暫時不宜採集

痔瘡出血、血便、血尿，或正值月經期間。

糞便質地限制

請勿採集水狀腹瀉或因便秘引起的極度硬便。

請等待恢復正常排便後再行採集；如有疑問，請按醫生或檢測中心指示。

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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.