

# Reducing Substances in Faeces or Urine

## Why am I having this test?

Your Doctor has asked that you to provide a sample of Faeces or Urine (Dr will specify) for examination by the laboratory.

**Please note: You will need to have ice or an ice brick available. If sample cannot be delivered to either Calvary or TCH Collection centre within 30 minutes, the sample MUST be frozen at home and frozen sample brought into your nearest ACT Pathology Collection centre.**

## Faeces

Your Doctor will have given you a faeces container or you will have picked one up from an ACT Pathology Collection Centre.

Label the container with your full name, postcode, date of birth and date/ time of collection written on the label.

A small amount of faeces is all that is required; this can be achieved by using a clean container to pass a sample into (a clean ice cream container).

Then using the scoop provided inside the jar, scoop a small amount of faeces into the jar.

The lid must be firmly secured.

Place the sample inside the plastic zip bag supplied and the request form in the side pocket.

Place on ice and deliver the sample to either TCH or Calvary ACT Pathology collection room within 30 mins of collection.

If there is going to be a delay of more than 30 minutes before you deliver specimen to laboratory, please place in freezer.

## Urine

### What do I need to do?

***Please note: You will need to have ice or an ice brick available. If samples cannot be delivered to either Calvary or TCH Collection centre within 30 minutes, the sample MUST be frozen at home and frozen sample brought into your nearest ACT Pathology Collection centre.***

Your doctor will have given you a urine container or you will have picked one up from an ACT Pathology centre.

Label the container with your full name, date of birth and date/ time of collection written on the label.

In order for this test to be as accurate as possible an early mid-stream specimen of urine is preferred. To obtain a mid-stream specimen of urine it will be necessary to commence passing urine into the toilet, obtain a specimen of urine mid-stream, and then complete emptying your bladder into the toilet.

Secure the lid firmly on the jar.

Place the sample inside the plastic zip bag supplied and the request form in the side pocket.

Place on ice and deliver the sample to either TCH or Calvary ACT Pathology collection room within 30 mins of collection.

If there is going to be a delay of more than 30 minutes before you deliver specimen to laboratory, please place in freezer.

## ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816  
Mon - Fri 7.30 - 5.30  
Saturday 8.30 - 12.15
- University of Canberra Hospital - Ph 5124 0230  
Mon - Fri 8.00 – 4.15
- Gungahlin Health Centre - Ph 5124 1132  
Mon - Fri 7.30 - 4.30  
Saturday 8.30 – 12.30
- Tuggeranong Health Centre - Ph 5124 1352  
Mon - Fri 8.00 - 5.00  
Saturday 8:30-12:00
- Belconnen Health Centre - Ph 5124 1502  
Mon - Fri 8.00 - 5.00  
Saturday 8:30-12:00

Phone 02 5124 2932 Fax 02 5124 2815  
actpathology@act.gov.au  
www.health.act.gov.au/services/act-pathology  
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606

