



Urine sample



You will be given a sample bottle to place your wee in



Visit the toilets with the sample bottle



Unscrew the sample bottle lid



Start to wee in the toilet then place the bottle to catch the wee



Once the bottle is full move the sample bottle away



Screw the lid back onto the sample bottle



Wash your hands



You may now give this bottle to the doctor or nurse



The nurse or doctor will check your wee using a test strip



Stool sample



You will be given a sample bottle



You must place your poo sample in to the bottle



Visit the toilets with your sample bottle



It is easier to use a dish to collect your poo sample



Hold the dish or container in the toilet bowl to catch your sample



When finished on the toilet, unscrew the sample bottle lid



Take a small poo sample using the spoon on the bottle lid



Place this in the bottle and screw the cap onto the sample bottle



Wash your hands then give the bottle to the doctor or nurse