

# Giving a poo sample



Your doctor can find out a lot about you by checking your poo. They may ask you to give a sample for testing.



This is what you do to give a poo sample.



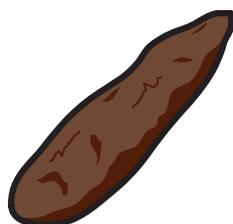
First wash your hands with soap and water.



Get a bowl and make sure it is really clean.



Sit on the toilet and hold the bowl under your bottom. You may be able to rest the bowl just above the water in the toilet to save holding it.

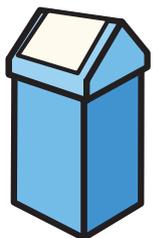


Collect the poo in the bowl.

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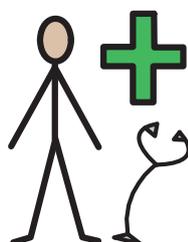
Use a plastic spoon to put some of the poo in the pot you have been given. Sometimes, the pot comes with a little plastic spoon.



Throw the plastic spoon away in the rubbish.



Flush the rest of the poo down the toilet.



Give the sample to your doctor.



If you have any questions, please ask us.