

## **Porphyria stool sample**

You are not required to follow a special diet before the test.

### **Collection equipment**

The health centre/hospital staff will give you a collection container, sample jar and sealable plastic bag, as well as some foil and name labels.

### **Collecting the stool sample**

Collecting the stool sample Collect feces in the collection container. Do not take the sample from the toilet bowl; defecate directly into the container. Transfer a piece of feces the size of your thumb from the container to the sample jar. Screw the lid on tightly. For the identification of the sample, it is crucial that you attach a label on the jar indicating your name, personal identity code and sample collection date. Wrap the sample jar in the foil (the sample must be protected from light). Seal the sample jar in the plastic bag. Deliver the sample jar to the laboratory on the day of collection or, at the latest, on the following business day. The sample must be stored in a cool place.

If you have any questions, please call the customer service number: +358 9 471 86800 Mon–Fri 7:30–15:30 (laboratory test results will not be given by phone).