

2023

Stool Collection for *H. pylori*

South Shore Regional Hospital

Collections that are not labelled correctly or do not have a requisition filled out will not be tested.

Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called a **requisition**.
- Use **only** the collection bottle given to you by your primary health care provider, local lab, or blood collection clinic.
- If you have to collect stool (poop) for culture and sensitivity (bottle with a **green top and pink liquid inside**), or ova and parasites (bottle with a **yellow top or yellow label, and clear liquid inside**), do it at the **same time as this collection**.
- Use a pen that will not smudge when you are writing on the bottle. **If the staff at the lab cannot read what you wrote on the bottle label, your collection will not be tested.**
- Keep the bottles in the fridge until you can bring it to the lab.

Important notes

- You **must** follow these rules before you collect your stool for this test.
- For **2 weeks** before collecting your stool, **do not take**:
 - › Proton pump inhibitors (Prilosec OTC[®], Aspirin[®], Prevacid[®])
 - › Bismuth (Pepto-Bismol[®])
- Talk with your primary health care provider about stopping these medications.

What are your questions?

Please ask.

We are here to help you.

**Please see the back of
this pamphlet for contact
information.**

1. Write your **full name**, your **date of birth**, your **health card number**, and the **collection date and time** on both the **requisition and the bottle label**.
2. Collect your stool in the bottle you were given. **Do not let your stool touch any urine (pee) or the toilet water**.
3. Put some of your stool into the collection bottle. **Do not fill the bottle more than half way**.
4. Close the lid tightly. Put the bottle in the fridge until you can take it to the lab.
5. Take each filled bottle and requisition to an approved drop-off site **no more than 24 hours (1 day) after you finish the collection** (see back cover for locations and hours).



Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › The names of **all antibiotics you are taking**
- › The names of **all countries outside of North America that you have visited (or emigrated from) in the past 12 months**
- › **Date and time of stool collection**

Take your samples to one of these drop-off sites:

South Shore Regional Hospital

Main Floor

90 Glen Allan Drive

Bridgewater, NS B4V 2S6

Phone: 902-527-5261

Hours: Monday to Friday, 7 a.m. to 2 p.m.

Queen's General Hospital

1st Floor

175 School Street

Liverpool, NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday to Friday, 8 to 11:30 a.m.

Closed for drop-offs from 8:30 to 9 a.m.

North Queen's Health Centre

9698 Highway 8

Caledonia, NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30 to 10:30 a.m.

**Closed for drop-offs from
9:50 to 10:20 a.m.**

Our Health Centre (OHC)

3769 Hwy 3

Chester, NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Mondays and Thursdays,

7:40 a.m. to 10:30 a.m.

Closed for drop-offs from 9:30 to 10 a.m.

Fishermen's Memorial Hospital

1st Floor Registration

14 High Street

Lunenburg, NS B0J 2C0

Phone: 902-634-8801

Hours (including Registration):

Monday to Friday, 7:30 to 11 a.m.

Closed for drop-offs from 9 to 9:30 a.m.

*Prepared by: Pathology and Laboratory Medicine,
South Shore Regional Hospital*

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

