Stool Collection for *H. pylori*, *C. difficile*, or Viral Detection

Pathology and Laboratory Medicine
Halifax Area
Stool Collection for *H. pylori*, *C. difficile*, or Viral Detection

Instructions

- You must follow the special rules on the back of this pamphlet.
- Your doctor has given you a form for this test. This form is called a *requisition*.
- Use only the specimen bottle given to you by your doctor, local lab, or blood collection clinic. It should be empty and have an orange top.
- If you have to collect stool (poop) for culture and sensitivity (vial with blue top and pink liquid inside), or ova and parasites (vial with yellow top and clear liquid inside), **do it at the same time as this collection**.
- Use only a ballpoint pen when writing on the specimen bottle.
- Keep the specimen in the fridge until you can bring it to the lab.
1. Write your **full name**, your health card number, and the date and time of collection on both the requisition and the specimen bottle.

2. Collect your stool (poop) in a clean, dry container. **Do not let your stool touch any urine (pee) or the toilet water.**

3. Put some of your stool into the orange top bottle. **Do not fill the bottle more than halfway.**

4. Screw the lid on tight and put the bottle in the fridge until you can take it to the lab.

5. Bring each filled specimen bottle and requisition to an approved drop-off site **no more than 24 hours after you finish the collection** (see back cover for sites).
What are your questions? Please ask. We are here to help you.

Please see the back cover of this pamphlet for contact information.
Each requisition must have:

› Your full name and date of birth
› Your health card number
› Your doctor’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

24-hour access for drop-offs available in Halifax:
QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Or drop off your sample at your local lab. Hours and addresses vary. Check www.nshealth.ca for more information.

Phone: 902-473-2266
Email: DPLMCustomerService@nshealth.ca
Special rules

- There are rules you must follow for 5 days before you collect your stool for these tests.
- For 5 days before collecting your stool, avoid:
  - Mineral oils
  - Bismuth (Pepto-Bismol®)
  - Barium
  - Kaolin
  - Attapulgite (Kaopectate®)

- Also, before collecting stool for H. pylori:
  - Antibiotics and/or proton pump inhibitors may affect this test if taken within 2 weeks of stool collection.
  - Talk with your doctor about stopping these medications.