Stool Collection for *H. pylori*

South Shore Regional Hospital

Samples that are not labelled correctly or do not have a complete requisition form will not be tested.
Stool Collection for *H. pylori*

Instructions
• You must follow the special rules in the next section.
• 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 a pink top.
• If you have to collect stool (poop) for culture and sensitivity (bottle with green top and pink liquid inside), or ova and parasites (bottle 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.
Special rules
• There are rules you must follow before you collect your stool for this test.
• For 2 weeks before collecting your stool, avoid:
  › Proton Pump Inhibitors
     (Prilosec OTC®, Aspirin®, Prevacid®)
  › Bismuth (Pepto-Bismol®)
Talk with your doctor about stopping these medications.

What are your questions?
Please ask.
We are here to help you.
Please see the back cover of this pamphlet for contact information.
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 pink-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).
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

Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:

South Shore Regional Hospital
Main Floor
90 Glen Allan Drive
Bridgewater NS  B4V 2S6
Phone: 902-527-5261
Hours: Monday-Friday, 7-11 a.m.
Registration: Monday-Friday, 6:45-10:45 a.m.
Fisherman’s Memorial Hospital
2nd Floor
14 High Street
Lunenburg NS  BOJ 2C0
Phone: 902-634-8801
Hours (including Registration):
Monday-Friday, 7:30-11:30 a.m.

Queen’s General Hospital
1st Floor
175 School Street
Liverpool NS  BOJ 1KO
Phone: 902-354-3436
Hours (including Registration):
Monday-Friday, 7:30-11:30 a.m.

North Queen’s Health Centre
9698 Highway 8
Caledonia NS B0T 1B0
Phone: 902-682-2533
Hours (including Registration):
Wednesdays, 7:30-10:45 a.m.

Our Health Centre
3769 Hwy 3
Chester NS  B0J 1J0
Phone: 902-275-2830
Hours (including Registration):
Tuesdays and Thursdays,
7:30-10:45 a.m.

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