

2021

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

Important

- For 5 days before you collect your stool (poop), **do not use or consume** (eat or drink):
 - › Mineral oils
 - › Bismuth (Pepto-Bismol®)
 - › Barium
 - › Kaolin
- Antibiotics and/or proton pump inhibitors may affect the test for *H. pylori* if taken within 2 weeks (14 days) of stool collection.
- Talk with your health care provider about stopping these medications before collecting stool for *H. pylori*.

Instructions

- Your health care provider has given you a form for this test. This form is called a **requisition**.
- Use only the specimen bottle given to you by your health care provider, local lab, or blood collection clinic. It should be empty and have an orange top.
- If you also have to collect stool for culture and sensitivity (vial with a blue top and pink liquid inside), or ova and parasites (vial with a 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.

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 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 bottle with the orange top. **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 all of the filled specimen bottles and the requisition to an approved drop-off site **no more than 24 hours (1 day) after you finish collection.**



Each **requisition** must have:

- ☐ Your full name and date of birth
- ☐ Your health card number
- ☐ Your 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 (1 year)
- ☐ Date and time of stool collection

You can drop off your samples in Halifax 24 hours a day at:

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

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other
resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

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

