

2019

Stool Collection for Culture

South Shore
Regional Hospital

Samples that are not labelled correctly or do not have a complete requisition form will not be tested.



www.nshealth.ca

Stool Collection for Culture

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 your **requisition**.
- Use only the specimen bottle given to you by your doctor, local lab, or blood collection clinic. It should have a green top and pink liquid inside.
- If you have to collect stool (poop) for 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.

If you have problems collecting a sample, please call your primary health care provider.

Special rules

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

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. Use the scoop inside the lid of the specimen bottle to add stool until it reaches the fill line.



4. Use the same scoop to mix the stool with the fluid in the bottle. Throw away the scoop.

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

6. 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 1K0

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