

Important notes

- For 5 days before you collect your stool, **do not** use or consume (eat or drink):
 - › Mineral oils
 - › Bismuth (Pepto-Bismol®)
 - › Barium
 - › Kaolin
 - › Attapulgate (Kaopectate®)

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**

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 collection bottle(s) at your local lab. For lab hours and addresses:

Visit: www.nshealth.ca

Phone: 902-473-2266

Email:

DPLMCustomerService@nshealth.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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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.

2023

Stool Collection for Ova and Parasites

Pathology and Laboratory Medicine Halifax Area

Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form to have this test done. This form is called a **requisition**.
- Use only the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic. The collection bottle(s) should have a yellow top and clear liquid inside. **Do not pour out any of the liquid.**
- If you have to collect stool (poop) for culture and sensitivity (bottle with blue top and pink liquid inside), **do it at the same time as this collection.**
- If you have to collect more than one collection with a yellow top, collect each on a different day.
- Use only a ballpoint pen when writing on the collection bottle(s).
- Keep the filled collection bottle(s) in the fridge until you can bring it to the lab.

1. Write your **full name and date of birth, health card number, and the collection date and time** on the collection bottle label **and** requisition.
2. Collect your stool 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 collection bottle(s) to add stool until it reaches the fill line.



4. Use the same scoop to mix the stool with the liquid in the collection bottle(s).
5. Screw the lid on tight and keep the collection bottle(s) in the fridge until you can take it to the lab.
6. Bring each filled collection bottle(s) and requisition to an approved drop-off site **no more than 24 hours after you finish the collection** (see back cover for sites).

Please see back cover for site locations and hours.