

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**

**Take your samples to one of these drop-off sites:**

### **South Shore Regional Hospital**

Main Floor  
90 Glen Allan Drive  
Bridgewater, NS B4V 2S6  
Phone: 902-527-5261  
Hours: Monday to Friday, 7 a.m. to 2 p.m.

### **Queen's General Hospital**

1st Floor  
175 School Street  
Liverpool, NS B0J 1K0  
Phone: 902-354-3436  
Hours (including Registration):  
Monday to Friday, 8 to 11:30 a.m.  
**Closed for drop-offs from 8:30 to 9 a.m.**

### **North Queen's Health Centre**

9698 Highway 8  
Caledonia, NS B0T 1B0  
Phone: 902-682-2533  
Hours (including Registration):  
Wednesdays, 7:30 to 10:30 a.m.  
**Closed for drop-offs from 9:50 to 10:20 a.m.**

### **Fishermen's Memorial Hospital**

1st Floor Registration  
14 High Street  
Lunenburg, NS B0J 2C0  
Phone: 902-634-8801  
Hours (including Registration):  
Monday to Friday, 7:30 to 11 a.m.  
**Closed for drop-offs from 9 to 9:30 a.m.**

### **Our Health Centre (OHC)**

3769 Hwy 3  
Chester, NS B0J 1J0  
Phone: 902-275-2830  
Hours (including Registration):  
Mondays and Thursdays,  
7:40 a.m. to 10:30 a.m.  
**Closed for drop-offs from 9:30 to 10 a.m.**

*Prepared by:* Pathology and Laboratory Medicine,  
South Shore Regional Hospital  
*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**

## **South Shore Regional Hospital**

Collections that are not  
labelled correctly or do not  
have a requisition filled out  
will not be tested.

## Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called a **requisition**.
- Use **only** the collection bottle given to you by your primary health care provider, local lab, or blood collection clinic. The bottle will have a yellow top or a yellow label, and clear liquid inside.
- **Do not drink the clear liquid.** 
- If you have to collect stool (poop) for culture and sensitivity (bottle with a **green top and pink liquid inside**), **do it at the same time as this collection.**
- If you have to collect more than one bottle with a yellow-top or a yellow label, collect each one on a different day.
- Use a pen that will not smudge when you are writing on the bottle. **If the staff at the lab cannot read what you wrote on the bottle label, your collection will not be tested.**

- Keep the bottles in the fridge until you can bring it to the lab.

## Important notes

- For **5 days** before collecting your stool, **do not** eat or drink:
    - › Mineral oils
    - › Bismuth (Pepto-Bismol®)
    - › Barium
    - › Kaolin
    - › Attapulgite (Kaopectate®)
    - › Laxatives
1. Write your **full name**, your **date of birth**, your **health card number**, and the **collection date and time** on both the **requisition and the bottle label**.
  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 bottle's lid to add stool until it reaches the fill line.



4. Use the same scoop to mix the stool with the fluid in the bottle.
5. Close the lid tightly and shake the bottle until the contents are mixed well. Wash your hands.
6. Put the bottle in the fridge until you can take it to the lab.
7. Take each filled bottle and requisition to an approved drop-off site **no more than 24 hours (1 day) after you finish the collection** (see back cover for locations and hours).