

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**

If you are at a lab or clinic and cannot collect a sample, tell a member of the health care team.

Drop-off sites:

Drop-off sites are closed on holidays.

South Shore Regional Hospital

Main floor
90 Glen Allan Drive
Bridgewater NS B4V 2S6

- **Drop-off hours:**
 - › 7 a.m. to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 8:30 a.m. to 9 a.m.
 - › 11:30 a.m. to 12 p.m. (noon)

Fisherman's Memorial Hospital

1st floor registration
14 High Street
Lunenburg NS BOJ 2C0

- **Drop-off hours:**
 - › 7:30 a.m. to 2 p.m. (Mon-Thurs)
 - › 7:30 a.m. to 11 a.m. (Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 9 a.m. to 9:30 a.m.
 - › 11 a.m. to 12 p.m. (noon)

Queen's General Hospital

1st floor
175 School Street
Liverpool NS B0T 1P0

- **Drop-off hours:**
 - › 9 a.m. to 11:30 a.m.
 - › 12 p.m. (noon) to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:** 11:30 a.m. to 12 p.m. (noon)

North Queen's Health Centre

9698 Highway 8
Caledonia NS B0T 1B0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m.
(every second Wed)

Our Health Centre

3769 Highway 3
Chester NS B0J 1J0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m.

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

QY85-1971 © August 2025 Nova Scotia Health Authority
To be reviewed August 2028 or sooner, if needed.


2025

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.**
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- 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).