

2024

# Stool Collection for *H. pylori*, *C.* *difficile*, or Viral Detection

Pathology and  
Laboratory Medicine  
Halifax Area

## Important

- For 5 days before you collect your stool (poop), **do not** use, eat, or drink:
  - › Mineral oils
  - › Bismuth (Pepto-Bismol<sup>®</sup>)
  - › 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 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 bottle.

1. Write your **full name, your health card number, and the date and time of collection** on both the requisition **and** the 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 bottles and the requisition to an approved drop-off site **no more than 24 hours (1 day) after you finish collection.**



**24-hour access for drop-offs  
available in Halifax:**

QE II Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main floor, Mackenzie Building

Or drop off your specimen  
at your local lab. Check  
[www.nshealth.ca/laboratory-services](http://www.nshealth.ca/laboratory-services)  
for lab hours and addresses.

› Phone: 902-473-2266

Email:

[DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's (family doctor or nurse practitioner) 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**

This pamphlet is is not intended to replace the advice or professional judgment of a health care provider. If you have any questions, please ask your health care provider.

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