

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 for lab hours and addresses.

› Phone: 902-473-2266

Email:

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**

2024

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

Pathology and Laboratory Medicine Halifax Area

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.

Prepared by: Pathology and Laboratory Medicine,
Halifax area

Designed by: Nova Scotia Health Library Services

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Important

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