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and

CISSS de la Gaspésie

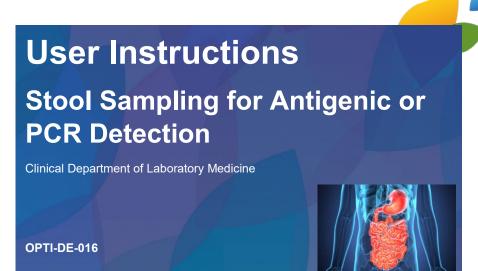
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Prevent Support



Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent
OUÉDEC

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Your doctor has prescribed an antigenic or PCR test, which requires a **stool** sample, to see if you have a pathogenic infection such as *Clostridioides difficile*, *rotavirus* or *helicobacter pylori*.

Antigenic and PCR tests are used to identify the pathogens responsible for persistent diarrhea, stomach pain, nausea, vomiting lasting several days and fever.

This brochure explains the steps to follow.

# **MATERIALS REQUIRED**

- Sterile container
- Wooden sticks
- For collection, you can use a clean container or plastic wrap (e.g., Saran Wrap).





### **INSTRUCTIONS**

- Do not take stool softeners (laxatives/glycerine suppositories), diarrhea medication or antacids in the 24 hours before taking the samples.
- However, you should discuss any changes to your medication with your doctor.
- The stool must not touch your urine, the toilet bowl or the toilet water.
- Patients who wear diapers should collect their stool directly from the diaper.

### SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- · The date and time of sampling

#### **STORAGE**

- Store your samples in a plastic zip-lock bag.
- Keep your samples **refrigerated** (4 °C). Do not freeze. Store for up to 24 hours.

# **RETURN OF SAMPLES**

- Return your specimens to the place you were instructed to return them, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- When returning the samples, remember to bring your hospital card or RAMQ card as well as your prescription, if necessary.



## STEPS TO FOLLOW

- 1. Choose the collection method that works for you:
  - A clean container, or
  - Plastic wrap: Place one or two layers of plastic wrap (e.g., Saran wrap) under the toilet seat, leaving a dip in the centre.





- 2. Open the container and lay the cap inside up without touching the inside of the cap.
- 3. Use the wooden stick to remove a walnut-sized portion of stool, ideally with pus, blood or mucus.
- 4. Put the cap back on and close it tightly.
- 5. Flush the remaining stool down the toilet and throw out the container or plastic wrap.
- 6. Wash your hands.

**Important**: If a 2nd or 3rd sample is requested:

Repeat the procedure with a new sample and container on a different day. Mark the date and time of each sample in the designated area when returning the containers.