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User Instructions

Stool Sampling for Antigenic or PCR Detection

Clinical Department of Laboratory Medicine

OPTI-DE-016



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).



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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.**

Sampling method

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.