



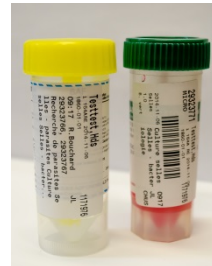
STOOL SAMPLE |

SCREENING FOR BACTERIA AND PARASITES IN YOUR DIGESTIVE SYSTEM

Your doctor has ordered a stool culture for you. The process is simple and can be done at home. A stool test is useful for investigating problems in the stomach, intestines or other parts of the gastrointestinal system.

ITEMS PROVIDED

- One or two sterile containers, including a plastic spoon, depending on the tests ordered (liquid or gel may be in the containers) provided by the hospital or your doctor.



CAUTION!

The liquid or gel is poisonous. Do not drink it. Keep it out of the reach of children.

IMPORTANT

Do not take laxatives, diarrhea medication, or antacids before collecting the specimen.

COLLECTING THE SAMPLE

Before beginning, **legibly print** your last and first names, date of birth, health-insurance number (RAMQ), and the time and date of the specimen collection on the container's blank label, unless a preprinted label has been provided. That would keep you from having to repeat the collection.

1. Use a plastic wrap such as Saran Wrap or a large plastic container that is clean and dry to collect your stool.
 - Begin by washing your hands.
 - Secure two layers of plastic wrap (Saran Wrap) under the toilet seat leaving a depression for the stool.
 - OR place the clean plastic container on the toilet seat.
 - Defecate into the clean container or onto the Saran Wrap.
 - Do not urinate, since that would contaminate your stool.
Your stool must not touch your urine, the toilet, or water in the toilet bowl.
2. Use the small spoon that came with the container or a tongue depressor to place some of your stool (liquid or soft with pus or blood) in the container (up to the line or arrow on the label). Use a different container for each collection.



If you were given two containers for each test, wait **about 24 hours between each specimen collection** (containers with different colored caps).

- Do not use toilet paper to collect your stool.
- Close the lid tightly.
- If there is **liquid or gel** in the container, use the spoon to mix your stool with it or shake the container until the contents have been thoroughly mixed.

TURNING IN THE SAMPLE

To ensure the quality of test results, deliver your clearly identified samples **within a maximum of 48 hours** to the specimen collection center, **from Monday to Friday**. In the meantime, store the specimens according to the table below.

- Remember to bring the **prescription** your doctor gave you, if applicable.
- Outside of opening hours, you can take your samples to the emergency department at CHUS – Hôtel-Dieu or CHUS – Hôpital Fleurimont.

	Test Name	Number of Specimens Required	Storage
<input type="checkbox"/>	Stool culture	2 containers (green lids)	Refrigerate at 4°C (Do not freeze the specimen.)
<input type="checkbox"/>	Parasites and eggs	2 containers (yellow lids)	Room temperature

HAVE ANY QUESTIONS? Call 819-346-1110, extension 15561

HOURS AND LOCATIONS | CHUS SPECIMEN COLLECTION CENTERS

Location	Room	Telephone No.	Opening Hours (except holidays)
Specimen Collection Center, CHUS – Hôpital Fleurimont 3001 12 th Avenue North, Sherbrooke	2 nd floor, Room 2629	819-346-1110, ext. 14409	Monday to Friday 7:30 a.m. to 4:30 p.m.
Specimen Collection Center, CHUS – Hôtel-Dieu 580 Bowen Street South, Sherbrooke	1 st floor, Room 1331	819-346-1110, ext. 24409	Monday to Friday 8:00 a.m. to 4:00 p.m.
Murray Building Specimen Collection Center 500 Murray Street, Sherbrooke	Basement, Room 0110	819-346-1110, extension 14409	Monday to Friday 7:00 a.m. to 2:30 p.m.
Argyll Specimen Collection Center 375 Argyll Street, Sherbrooke	1 st floor, Room 1305	819-346-1110, ext. 14409	Monday to Friday 7:00 a.m. to 2:30 p.m.
Lennoxville CLSC 8 Speid Street, Lennoxville	---	819-346-1110, ext. 14409	Monday AND Friday ONLY 7:00 a.m. to 10:15 a.m.

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