



## STOOL COLLECTION | INVESTIGATION FOR A VIRUS OR TOXIN IN YOUR DIGESTIVE SYSTEM OR INTESTINAL TRACT

Your prescriber has asked you to collect your stools. You are to perform this simple test at home. It is used to detect viruses or toxins in your digestive system or intestinal tract.

### EQUIPMENT REQUIRED

- Sterile graduated container.
- Coffee/Popsicle stick (tongue depressor) or plastic spoon.
- Dry, clean container available at home, that you will discard after use, or transparent cling wrap (Saran Wrap).



Photo for reference purposes

### INSTRUCTIONS

- Do not urinate while collecting your stools. Your stools must have no contact with your urine, toilet seat or toilet water.
- Do not use toilet paper to collect your stools.

### HOW TO COLLECT A SPECIMEN

1. Wash your hands with soap and water for 20 seconds and then dry them.
2. Choose the collection method that suits you best among the following:

#### If you are using a container

- Choose a clean container that you will discard after use. Place the container on the closed toilet lid.

#### If you are using transparent cling wrap

- Firmly install one or two layers of transparent cling wrap (Saran Wrap) under the toilet seat, creating a depression in the centre.



3. Do your bowel movement.
4. Using the coffee stick or spoon, transfer the equivalent of a large walnut-sized stool sample into the sterile container. Choose liquid or soft stools over solid stools.
5. Close the container lid.

## LABELLING THE CONTAINER

- Make sure the following are labelled on the container:
  - your last name and first name;
  - your medical insurance number (RAMQ);
  - the sample type and site, when applicable (e.g.: throat, sputum, right ear, etc.).
- Write the **DATE AND TIME** the sample was taken on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
  - 11:59 p.m. to indicate midnight;
  - 8:00 a.m. to indicate the morning.
- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

## WHEN AND WHERE TO RETURN YOUR URINE SAMPLE

- To guarantee the quality of the test, return the container(s) in a sealable waterproof bag at room temperature within a maximum of 2 hours.
- If you cannot return your containers within this deadline, keep them for up to 24 hours in the refrigerator (4 °C). Do not put your containers in the freezer.
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Put your container bag in a second bag along with your prescription.
- Return your containers to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit [santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling).

## DO YOU HAVE ANY QUESTIONS?



[santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling)



Info-Santé 811  
OR  
Speak to your prescriber.