



STOOL COLLECTION | INVESTIGATION FOR PARASITES IN YOUR DIGESTIVE SYSTEM (EGGS/HELMINTH/COCCIDIA/MICROSPORIDIA)

Your prescriber has requested you collect your stools. You are to perform this simple test at home. The stool analysis helps to identify stomach, intestinal and other digestive system problems.

EQUIPMENT REQUIRED

- One or more sterile containers containing a liquid or gel, depending on the prescribed analysis.
- Dry, clean container available at home, that you will discard after use, or transparent cling wrap (Saran Wrap).



Photo for reference

INSTRUCTIONS

- Keep the containers out of reach of children and animals.
- Do not drink any of the poisonous liquid or gel in the containers.
- Do not use any laxatives, anti-diarrheal drugs or antacids before collecting your stools.
- 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.
- Wait approximately 24 hours between each collection (between day 1 and day 2).

HOW TO COLLECT A STOOL SAMPLE

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. Use the spoon included with the container to transfer soft or liquid stools, along with any pus or blood, into the container up to the maximum line or arrow indicated on the label.
5. Use the spoon to mix the stools and liquid in the container, or shake the container until everything is properly mixed.
6. Close the lid.
7. Use a new sterile container for each sample.
8. If you were given two containers for each test, wait approximately 24 hours between each sample collection.



Photo for reference purposes

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** of the sample 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 STOOL SAMPLE

- To guarantee the quality of the test, return your containers in a sealable waterproof bag within a maximum of 48 hours, follow the guidelines in the table below

	Type of examination	Number of specimens required	Storage
<input type="checkbox"/>	Parasites (eggs)	2 containers (yellow lids)	Room temperature

- 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.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/sampling



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OR
Speak to your prescriber.

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Revision and layout

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Document management code | INS-CP-3107-FP-Culture et Parasites Selles

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de l'Estrie – Centre hospitalier universitaire de Sherbrooke 2020

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June 2023 –4-6-11799 (french version) | 4-6-11800 (english version)