

LABORATORY PATIENT COLLECTION INSTRUCTIONS

Collecting Stool Samples for *Helicobacter pylori* Antigen Test

How to Prepare

- The following groups of medications should not be used for the period indicated prior to collecting samples for the *Helicobacter pylori* antigen test:
 - Proton pump inhibitors (H+K+ - ATPase inhibitor): 14 days
 - Antibiotics: 14 days
 - Bismuth preparations (e.g., Peptol Bismol): 14 days

Talk to your physician before changing or stopping any medications

- **DO NOT** use a laxative before collecting the stool sample
- Empty bladder (urinate) completely to prevent stool sample contamination with urine

Collecting the Sample

- Obtain **sterile collection container with orange lid** from physician or laboratory staff.
- **Wash hands** with soap and water before collecting sample



Adults:

- Collect the stool sample into any clean, dry disposable container or onto plastic wrap placed between the toilet seat and bowl
- **DO NOT** let water touch the stool sample

Infants (Diaper):

- **DO NOT** submit stool sample in diapers. For small children with diarrhea, or liquid stool, fasten a diaper liner (e.g. plastic kitchen wrap) to the diaper using childproof safety pins. Remove the stool sample from the diaper using a disposable plastic spoon and put into the container following the steps below.

Adding Stool to the Collection Container:

- Fill the container 1/3 full. **DO NOT** fill more than half full. Replace the lid
- **Wash hands** thoroughly with soap and water after collecting the sample



Labelling the Sample

Label the collection container with:

- **Laboratory or physician office issued patient label** or
- Write the patient full first and last name, Provincial Health Number (PHN), or Government issued identification (Federal, Military, RCMP, Immigration), date and time of collection

Lab Requisition

- **Print** the date and time the sample was collected on the lab requisition.
- **Fold** and place the requisition in the **outside** pocket of the plastic resealable bag. **Do not** put the requisition in the bag with the sample collection container.
- Place sample container in the provided plastic resealable bag.

Sample Delivery to Lab

- If the stool sample cannot be delivered to the laboratory immediately after collection, keep refrigerated and deliver to the laboratory within 24 hours.

Samples not labelled as required or those that do not have a completed requisition will NOT be tested.

Questions? Contact Alberta Precision Laboratories at 403-770-3600