



Department of Pathology and Laboratory Medicine

PATIENT INSTRUCTIONS

**STOOL COLLECTION FOR CULTURE, OVA AND PARASITES OR  
*CLOSTRIDIUM DIFFICILE***

**CAUTION: The container contains a liquid preservative. DO NOT remove the preservative from the container. Keep the container upright to prevent spillage. KEEP OUT OF REACH OF CHILDREN.**

- If possible, DO NOT take medications – laxatives or anti-diarrhoeal drugs, containing barium, mineral oil, or magnesium for five days before a stool collection.
- Use an approved container for collection. These instructions have been written for collections for three different test sample collections. Some of them may not apply to you. Please use the containers you have been supplied. You will be required to collect the sample in a container, and scoop a small portion into a vial.
- Wash and dry your hands thoroughly.
- Urinate first into the toilet if you feel the need and flush the toilet.
- Lift the toilet seat. Place sheets of plastic wrap (e.g. Saran™ wrap) over the toilet bowl, leaving a small dip in the center. Place the toilet seat down. Pass the stool onto the plastic wrap. You may collect the stool in a dry, clean container such as a wide-mouth jar.
- If “O & P” or “Ova and Parasites” has been ordered, use the “SAF Fixative” container (yellow lid and clear fluid) and add 2-3 spoonfuls of stool until the liquid reaches the "Fill Line." Replace the cap and tighten firmly. After replacing the cap, gently shake the container until the specimen is well mixed with the liquid.
- If “C & S” or “Culture” has been ordered, use the "Enteric Pathogen" container (white lid and pink fluid), and add stool to the "Fill Line". Replace the cap and tighten firmly. After replacing the cap, gently shake the container until the specimen is well mixed with the liquid.
- If “C. difficile” has been ordered, use the “Fecal Collection” container (white lid and no fluid), and use the small scoop attached to the lid to place a spoonful of stool into the container. Replace the cap and tighten firmly.
- Remember to wash your hands thoroughly after collecting the specimen. For sanitary reasons, it is necessary that the container be placed in a plastic bag and sealed carefully.
- Deliver the container to the laboratory as soon as possible after completion of the collection. If the collection is finished on a weekend, keep refrigerated and return to the laboratory on Monday.

**IMPORTANT:** Write your own and your doctor's name on the container(s). Ensure that the requisition is filled out completely and correctly, including:

- Your full name and address
- The Doctor's name and address
- Date and time of collection

- Information on recent food/water history especially shellfish consumption, travel etc. Use a separate sheet if necessary.

Containers and requisitions can be returned to any of the three Ottawa Hospital outpatient laboratories, or the specimen reception areas of the Department of Pathology and Laboratory Medicine.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992  
Hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306  
Hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214  
Hours of operation: 7:00 – 17:00 hr.