

# Stool analysis

## Bacterial culture



Your doctor has ordered a stool test to look for certain bacteria. This sheet explains the test and the steps you need to follow.

### Why do I need to have this test?

Your doctor thinks you may have an infection caused by bacteria. The most common signs are:

- diarrhea that lasts a long time or contains blood
- stomach aches
- nausea or vomiting that lasts a few days
- fever

The test results can help to identify the exact problem or to decide on a treatment.



### What does a bacterial culture involve?

It involves collecting a small sample of your stool and having it analyzed in a laboratory. This is done to see if your digestive tract contains bacteria that are making you sick.

You will need to collect 2 samples in total. The second one must be done 12 to 24 hours after the first.

### How do I get containers for the test?

Go to the CHUM Test Centre with your doctor's requisition form and your health insurance card. You'll be given **2 containers** to collect your stool.

**Pavilion D, 1<sup>st</sup> Floor, Room D0141**  
**1000 Saint-Denis Street, Montreal H2X 0C1**

Business hours are 6:45 a.m. to 2:30 p.m., Monday to Friday, except holidays.



#### CAUTION

The liquid in the containers is toxic. You must not drink it or throw it away.

### Are there any precautions to take BEFORE collecting the sample?

- Don't take any laxative, anti-diarrhea medication, or antacid for 24 hours before the sample collections.
- The stool must not touch your urine, the toilet bowl, or the toilet water.

## What equipment will I need?



## What is the procedure for collecting stool?

### 1 Write on the container label:

- your first name
- your family name
- your health insurance number
- the date and time of the stool collection

### 2 Put on gloves



### 3 Collect your stool as follows:

- Place 2 sheets of plastic wrap on the toilet bowl under the seat. Leave it just loose enough to form a kind of bowl. If you're using a bowl, pass your stool directly into it.



- 4 Fill the container with stool** up to the black line using the spoon stuck to the cap. If the stool is too watery, use a clean tablespoon.
- 5 Close the cap and shake well.**
- 6 Put the remaining stool in the toilet and toss the bowl or plastic wrap into the trash.** Remove the gloves and wash your hands.



- 7 Keep the container at room temperature (don't put it in the fridge).**

Repeat all the steps for the second sample collection. Remember to wait 12 to 24 hours after the first.



**If these instructions are not carefully followed, the laboratory could refuse to take your sample. You would then have to redo the test.**

## Where should I take the samples?

Bring them to the CHUM Test Centre **no later than 48 hours after the first collection.**

Remember to bring your doctor's requisition and your health insurance card.

## When will I have my results?

The CHUM laboratories need about 1 week to do the analysis. Your doctor will follow up with you afterwards.



### Questions




### USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online. [chumontreal.qc.ca/fiches-sante](http://chumontreal.qc.ca/fiches-sante)

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