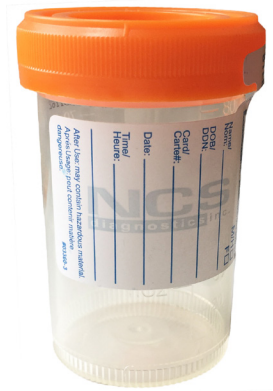


Stool analysis

Testing for *C. difficile*



Your doctor has ordered a test for *C. difficile* bacteria in the stool. This sheet explains the test and the steps you need to follow.

Why do I need to have this test?

Your doctor believes that you may have an infection caused by a bacteria called *Clostridium difficile*, or *C. difficile*. The most common signs are:

- diarrhea that lasts a long time
- fever
- stomach aches

The test is done to find out if the bacteria is present and if that's what is making you sick. It can also help in choosing a treatment.



What does the test involve?

It involves collecting a small amount of your stool and then testing it in a laboratory. This is done to see if there are any substances (toxins) produced by the *C. difficile* bacteria in your digestive tract.

How do I get a container for the test?

Go to the CHUM Test Centre with your doctor's requisition form and your health insurance card. You'll be given **1 sterile container** and **1 spatula** to collect your stool.



Pavilion D, 1st 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.

Are there any precautions to take BEFORE the sampling?

- Don't take any laxative, anti-diarrhea medication, or antacid for 24 hours before the sample collection.
- 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 stools as follows:

Place 2 sheets of plastic wrap over 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 Use the spatula provided to collect the stool. If the stool is too watery, use a clean soup spoon. Put the collected stool in the container.
- 5 Close the lid, then place the container in the plastic bag.
- 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 Put the closed bag in the fridge right away.



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 sample?

Take it to the CHUM Test Centre **no later than 24 hours after collecting it**. Keep it cool during transport (e.g., in a cooler with an ice pack). Remember to bring your doctor's requisition and your health insurance card. transport (e.g., in a cooler with an ice pack).

When will I have my results?

The CHUM laboratories need about 2 days to do the analysis. Your doctor will follow up with you afterwards.



Questions



Resource people and contacts



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

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